

A FREE RESOURCE PACK FROM EDMENTUM

National Fresh Fruit and Vegetable Month

PreK–6th

Grade Range

National Fresh Fruit and Vegetable Month Topical Teaching Resources

What Does This Pack Include?

This pack has been created by teachers, for teachers. In it you'll find high quality teaching resources to help your students celebrate this special event and help them understand the nutritional value of different fruit and vegetables. To go directly to the content, simply click on the title in the index below:

FACT SHEETS:	
Pre-K – Grade 2	Grades 3-6
Students will discover the variety of fruit and vegetables available with this ABCs Fact Sheet.	Encourage your students to see how many different kinds of fruits and vegetables they can eat.

CRITICAL THINKING QUESTIONS:	
Pre-K – Grade 2	Grades 3-6
Discuss what your students think is the difference between a fruit and vegetable.	Discuss what summer fruits and vegetables your students would like to buy and where they are grown.

Enjoyed these resources?

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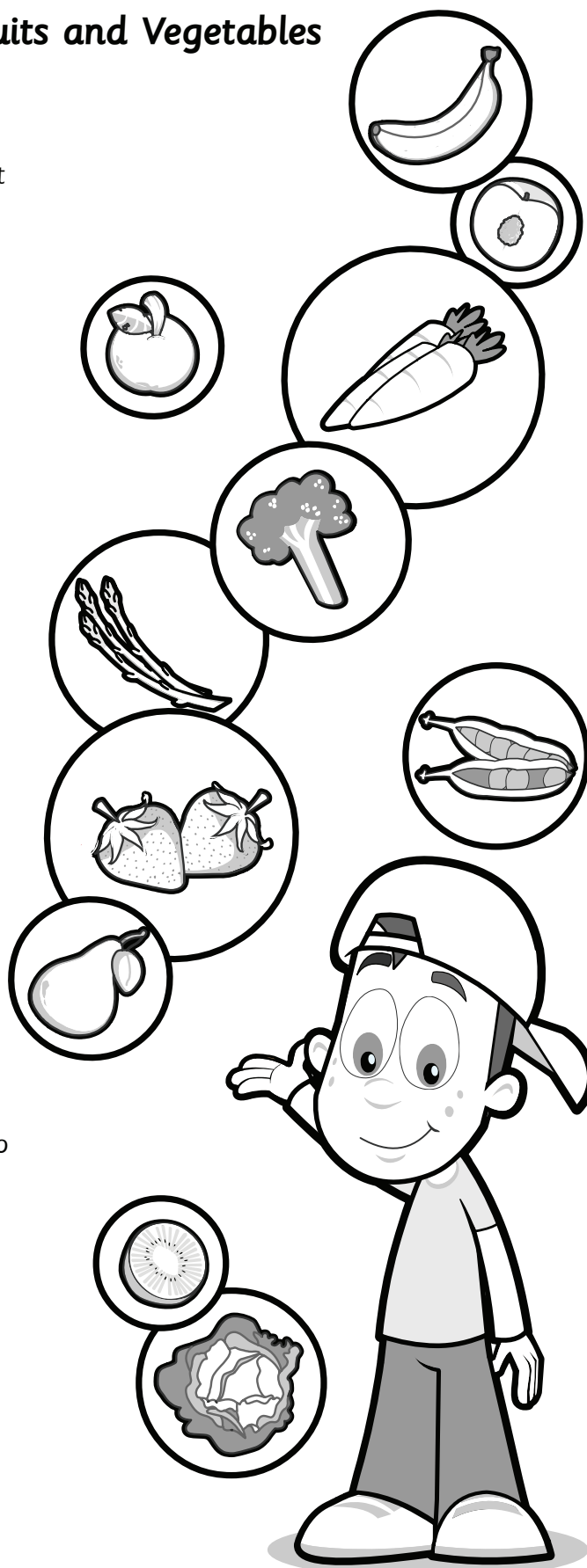
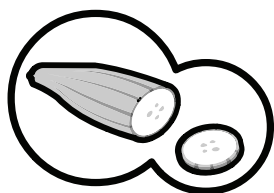
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The ABCs of Fruits and Vegetables

- A** apple apricot asparagus avocado
B banana blueberry broccoli Brussels sprout
C cantaloupe carrot cauliflower cherry
D dandelion date dragon fruit
E eggplant elderberry endive
F fennel fig
G garlic grape grapefruit guava
H honeydew huckleberry
I iceberg lettuce
J jackfruit jalapeno pepper jicama
K kale kiwi kohlrabi
L leek lemon lime lingonberry
M mango mulberry mushroom
N nectarine
O okra olive orange
P pea peach plum potato
Q quince
R radish raspberry rhubarb rutabaga
S spinach star fruit strawberry sweet potato
T tangerine tomato turnip
U ugli
V vanilla
W watermelon water chestnut watercress
X xigua
Y yam
Z zucchini





Try to Eat a Rainbow!

For National Fresh Fruit and Vegetable Month, see how many different kinds of fruits and vegetables you can eat.

Is there a food that you've seen, but never tried?
How about an eggplant?
A fresh pineapple? An artichoke?

Go ahead and be adventurous. Try something of every color!

Red foods like watermelon, tomatoes, and red peppers help keep your heart healthy and protect you from some cancers. They also have lots of vitamin A and C.

Orange and yellow fruits and vegetables are good for your eyes and bones. Load up on oranges, pineapples, sweet potatoes, and carrots!

Green foods like peas, green beans, green grapes, and kiwi are good for your eyes, bones, and teeth. Don't forget to try some dark green foods like spinach and broccoli! These can protect against some cancers.

Blue, purple, and dark red fruits and veggies are great for brain and heart health. How about giving purple grapes, plums, blueberries, and eggplant a try?

White isn't in the rainbow, but why not have some fruits or veggies of this color anyway? Mushrooms, potatoes, white peaches, and onions are good choices. These foods help fight disease and prevent certain cancers. Don't forget that bananas are white on the inside!












Critical Thinking Question

Sten wants to sort these fruits and vegetables.
Can you help him sort them and label each one?

Fruits	Vegetables

- Apple
- Banana
- Broccoli
- Carrot
- Corn
- Orange
- Pear
- Peas
- Strawberry

Did you sort and label them all correctly?

Fruits		Vegetables	
			
Banana	Pear	Peas	Broccoli
			
Apple	Orange	Corn	
			
Strawberry		Carrot	



What's the difference between a
fruit and a vegetable?

Critical Thinking Question

Can we get some cauliflower at the farmers market today, Granny?



No, Manu, the market only has vegetables and fruits that are in season. Cauliflower is a cool-season crop.

Can you think of a summer vegetable or fruit you want to buy?

Yes, lets get some tomatoes, bell peppers, and watermelon!



What summer fruits and vegetables are grown in your area?



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