	Nutrition Education Lesson Second Grade (TL-2-1)		
Nutrition constructs	This lesson is designed to increase students' knowledge of a wide variety of fruits and vegetables.		
Iowa Core	SL.2.6 – Produce complete sentences when appropriate to task and situation in order provide requested detail or clari	fication.	
Supplies needed	Physical Activity Card Set (provided), bingo card	Time required	30-35 minutes
Before the	Write the following two lists on the board or a word wall.		
lesson	List 1:		
	apple banana broccoli carrot cauliflower cucumber orange asparagus	zucchini	lettuce
		ear peacl	h kiwi
	List 2: crunchy squishy soft hard shiny sweet sour seedy	yummy	
	tasty prickly spicy fuzzy smooth bumpy crispy		
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the pl provided. Take the opportunity to remind your students how important it is to be active throughout the day to strong. 		
	 Read a book about a variety of fruits and vegetables. Some recommendations include: <u>From Seed to Plant</u> and Gail Gibbons. Ask your nutrition educator for other recommendations. Discuss the book using whatever method classroom; please include discussion of the words used to describe the fruits and veggies. 	_	
	3. Read directions aloud: Today we are going to write sentences describing our favorite fruits and vegetables. Everyone needs a sheet of paper. Take a few minutes to think about your favorite fruit or vegetable, look at the board for some ideas. Once you have chosen, write your choice at the top of your page as a title. Now, we're going to write three to five sentences describing our fruits and vegetables. How does it feel, smell and taste? What color is it? Be sure to describe why it is your favorite. Look at the word bank on the board (read aloud). In addition to the sentences, draw a picture of the food you chose.		
	4. After a few minutes of work time, show students the bingo card and review the fruits and veggies featured thi one of the featured fruits and veggies?	s month. Did ar	nyone choose
	5. If time allows, ask a few children to share their sentences and pictures.		