

# 8) FRUIT & VEGETABLE JUGGLE



## Teacher Directions

**Objective:** Students will learn the importance of fruits and vegetables in their diets, and fill in the juggling balls with pictures of their favorites.

### Directions:

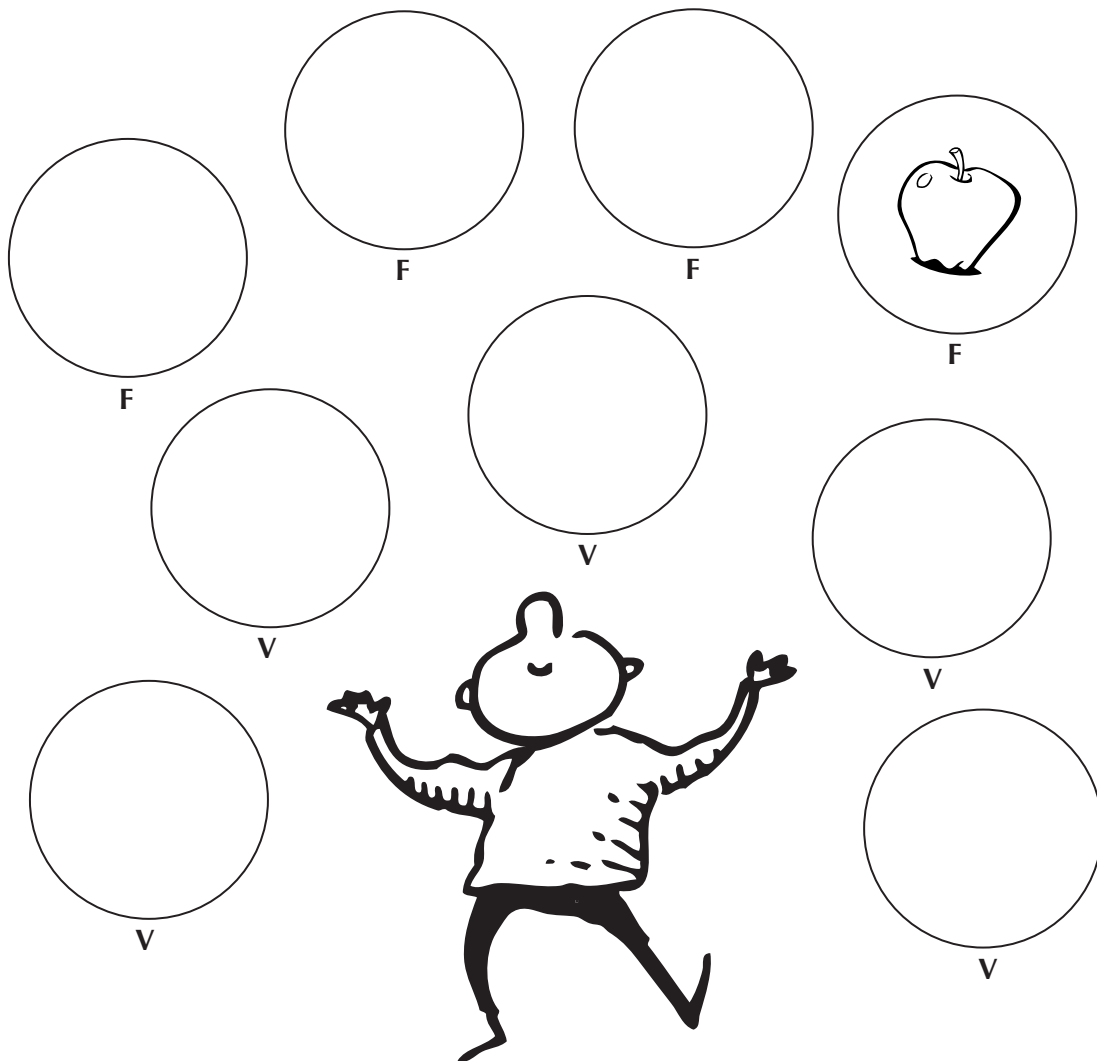
1. Discuss the wonderful benefits of eating a wide variety of colorful fruits and vegetables. (See Background Info on pages 10-11 for more details.)
2. Have a class discussion where children think of as many fruits and vegetables as they can, and write them up on the board.
3. Have students help the juggler by drawing and coloring in pictures of their favorite fruits (F) and vegetables (V) in the juggling balls.
4. Display students' artwork in the classroom or cafeteria. Or, encourage children to bring drawings home and post on their fridge to remind their families to go for fruits and veggies!

Language Arts

Art

Health

Lower



# 8) FRUIT & VEGETABLE JUGGLE

Name: \_\_\_\_\_

Help the juggler below by drawing pictures of your favorite fruits and vegetables in the juggling balls. Draw fruits in the "F" balls, and vegetables in the "V" balls.

**Remember:** Strive for Five! Eat at least 5 servings of fruits and vegetables every day! That means at least 2 fruits and at least 3 vegetables throughout your day. (One serving = 1/2 cup or 1 small fruit.)

