

Getting Healthy Is Fun!



Lesson Plans, Recipes, Activities, and Games to Teach Healthy Eating PreK–Grade 6

Looking for fun ways to teach your students about the importance of eating fruits and vegetables? This kit includes dozens of ready-to-use ideas and activities. Try them in your classroom today!

Here's what's inside:

- **Ten lesson plans.** Each easy-to-follow lesson plan details the skills you'll be teaching, the materials you'll need, and a step-by-step activity. You'll also find any patterns or skill sheets needed to complete the lesson and fun ideas for extending the learning!
- **Healthy, kid-friendly recipes.** You'll get one for each month of the school year, September through May. The front of each card includes a simplified version of the recipe that uses pictures and minimal text to convey the steps, and the back includes a text version in traditional recipe format. Plus each recipe includes a fun food fact that's sure to catch students' attention!
- **Ready-to-use learning game.** This colorful, two-sided game includes a simpler version for little learners and a more complex version for older students.
- **Ideas for celebrating fruits and vegetables.** You'll find that these simple activities don't require a lot of preparation but do pack in a lot of learning!



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Getting Healthy Is Easier With the Superfoods!

All fruits and vegetables are good for you, but some are supercharged with nutrients. Teach your students about Superfoods like these:

Superfoods for your Heart

- Bananas
- Blackberries
- Blueberries
- Broccoli
- Butternut squash
- Cranberries
- Guava
- Kiwifruit
- Mangoes
- Oranges
- Parsnips
- Plantains
- Potatoes
- Pumpkins
- Raspberries
- Red cabbages
- Red bell peppers
- Spinach
- Strawberries
- Swiss chard
- Tomatoes
- Watermelons
- Yams

Superfoods for your Eyes

- Butternut squash
- Carrots
- Chicory greens
- Collard greens
- Pumpkins
- Red leaf lettuce
- Romaine lettuce
- Spinach
- Sweet potatoes

Superfoods for your Immunity

- Asparagus
- Broccoli
- Cashews
- Green leaf lettuce
- Guava
- Mangoes
- Nectarines
- Plums
- Red cabbages
- Spinach
- Tangerines

Superfoods for your Brain

- Blackberries
- Blueberries
- Broccoli
- Oranges
- Potatoes
- Raspberries
- Spinach
- Strawberries

Superfoods for your Joints

- Pineapple
- Cherries

Superfoods for your Bones

- Arugula
- Broccoli
- Chicory greens
- Collard greens
- Kale
- Spinach
- Swiss chard

To learn more about what makes a Superfood or to find additional nutrition activities, visit www.dole.com.

