

NATIONAL NUTRITION MONTH

A (for Apricots) to P (for Peaches) Activities!

Pick and Choose from these Classroom Agriculture Adventures:

A is for Apricots

- Open a can or jar and have kids take in their bright aroma and color
- Sample alone then mix with pineapple tid-bits for "Tangy Fruit Salad"
- Apricots are high in Vitamin A and, like carrots, are good for your eyes

B is for Bread

- Taste white bread; taste whole grain bread
- Talk about the importance of whole grains
- Whole grains give you longer-lasting energy and are good for your heart

C is for CD Rom

- Take a "virtual" tour of a California Peach Orchard
- Play the "California Peaches: The Industry Gold Standard" and ask kids questions about CA agriculture
- Talk about why agriculture is important to California or to the state in which you live
- Which crops are grown in your area?

D is for (Healthy) Diet

- What does it mean to have a "healthy diet"

E is for Exercise

- Talk about the importance of exercise
- Remind kids that they should exercise 20-30 minutes a day
- Talk about the different kinds of exercise: aerobic (running), yoga (stretching), sports, gardening, taking your dog for a walk, cleaning your room while dancing to music
- Take 20 minutes that day and have 4 kids each lead 5 minutes of a different exercise

F is for Fruit Cocktail & Food Guide Pyramid

- What is a Food Pyramid?
- Distribute a blank pyramid with the food groups noted and have students fill in what they should eat most of to what they should eat least of
- Mix fruit cocktail with non-dairy frozen whipped topping for a fun snack
- Bring in a "cornucopia basket" of samples from the food pyramid

G is for Grapes

- Where are grapes grown?
- What colors do grapes come in?
- How are raisins related to grapes?
- Blindfold a few kids and see if they can tell the difference in taste between red and green grapes?



H is for "Heart-Healthy" Activities

- What is a heart-healthy activity? Playing sports? Watching TV? Sleeping? Walking?
- Have students try a different heart-healthy activity each afternoon and share about it the next morning
- Create a heart-happy chart with heart stickers that monitor each student's progress

I is for Ice Cream! & Ice Cream Socials!

- How is ice cream made?
- What is ice cream made from?
- Why is it important for our bodies to have calcium?
- What other foods have calcium?

J is for James and the Giant Peach & Jumping Jacks

- Read the story
- Serve canned peach slices
- Use the energy from the fruit to do some jumping jacks

K is for Kids and Kickball

- Divide the class into two teams: apples and peaches
- The winning team gets to decide the "healthy snack" for the class

L is for Labeling

- Bring in several cans, packages and look at the labels
- What do the front labels tell us?
- What do the back labels tell us?
- What's the ingredient listing?
- What are "good" ingredients and what are "bad" ingredients?

M is for Maze & Milk

- Take a healthy milk break and have kids play the peach maze game
- Review the importance of calcium
- Remind kids where to look on product labels to see if their food/snack has calcium

N is for Nutrition Definition

- A review on "what is" good nutrition
- What are nutritious foods
- Have a contest to see how many nutritious foods each child can eat in a week
- Create "Nutrition Stars" on a chart in your classroom



C is for Orchard

- What is an orchard?
- Review the Orchard to the Table sheet
- Why are orchards in America important?
- Who works on orchards? What do they do?

P is for Peaches

- What are the different kind of peaches?
- Make and taste a Power Peach Smoothie
- Talk about the ways kids can eat more peaches at home
- Review "Peach Fun Facts"

