

EAT MORE FRUIT!

We have all heard someone tell us to eat more fruits and vegetables, but we are not always told why. In this activity, students will research a fruit from the book to find out. Students can work alone or in groups for this project.

Activity 1:

Students will research the following:

- What are the health benefits of your fruit? Include disease fighting nutrients (phytochemicals), vitamins and minerals and the parts of the human body they benefit.
- List the interesting facts about the fruit you learned from the book.
- How does your fruit grow? On a vine? On a tree? Etc.
- Where in Florida do we grow the fruit commercially?
- What are ideal growing conditions? (Soil and air temperatures)

Students can present their research as a report, verbal presentation, poster or infographic.

Activity 2:

After students have researched the above information, they will create an advertisement.

- Use the research to create an advertisement to endorse or “sell” your fruit.
- Use one or two vitamins in your advertisement that your food carries to encourage healthy eating.
- You want other kids to want to eat the healthy food you are advertising so they can get plenty of vitamins naturally.
- BE CREATIVE
- BE NEAT
- BE COLORFUL.
- Create a slogan.

*This activity coordinates with *Gardening For Nutrition*'s 'Nutrient Tally' lesson.