

Child Nutrition & Wellness  
Kansas State Department of Education  
Presents

# **Color the Day with Fruits and Vegetables**



## **Training Manual**

A Class for CACFP Sponsors and Providers

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This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- *MyPlate is Great*, CACFP Wellness Grant Class, KSDE
- *10 Tips Nutrition Education Series*, USDA Center for Nutrition Policy and Promotion, [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- *MyPlate for Older Adults; Family, Youth and Community Services*, University of Florida, <http://fyics.ifas.ufl.edu/Extension/HNFS/ENAFS/MyPlate.php>
- *Nutrition Needs of Young Children*, National Food Service Management Institute The University of Mississippi, 2014, <http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI4>
- *Healthy Eating for Preschoolers*, ChooseMyPlate.gov, USDA Food and Nutrition Service, 2012
- *My Daily Food Plan*, ChooseMyPlate.gov, USDA Food and Nutrition Service, 2012
- *Tips for Picky Eaters*, Choose MyPlate.com, USDA Center for Nutrition Policy and Promotion, <http://www.choosemyplate.gov/preschoolers/picky-eaters/new-foods.html>
- *How to Plan A Nutrition Education Activity*, CARE Connection: Nutrition Education Grab and Go Lesson, National Food Service Management Institute, The University of Mississippi, <http://www.nfsmi.org/documentlibraryfiles/PDF/20100922093456.pdf>
- *More Than Mudpies*, 6<sup>th</sup> edition; National Food Service Management Institute, University of Mississippi, <http://www.nfsmi.org/ResourceOverview.aspx?ID=247>
- *Team Nutrition*, *Discover MyPlate Nutrition Education for Kindergarten*, <http://www.fns.usda.gov/tn/discover-myplate>
- *Team Nutrition*, *Grow it, Try it, Like It!* Nutrition Education Kit Featuring MyPlate, Food and Nutrition Services, USDA, <http://www.fns.usda.gov/grow-it-try-it-it-nutrition-education-kit-featuring-myplate>
- *CARE Connection: Learning Connection*, National Food Service Management Institute, <http://www.nfsmi.org/ResourceOverview.aspx?ID=356>
- *Food and Nutrition Fun for Preschoolers*, July 2008, Food and Nutrition Information Center, USDA.
- *A Dozen Ways to Be Healthy Preschool Lesson Plans*, Florida Health Department, <http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html>
- *Sesame Street Healthy Habits for Life*, Kids Health in the Classroom, Nemours Foundation/KidsHealth, 2014, <http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhf>
- *Nibbles for Health*; Team Nutrition, FNS, USDA
- *Healthy Families Newsletters*, National Food Service Management Institute, University of Mississippi, 2010, <http://www.nfsmi.org/ResourceOverview.aspx?ID=344>

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**Kansas State Department of Education**

Dr. Randy Watson  
Commissioner, 785-296-3202

Dale M. Dennis, Deputy Commissioner  
Fiscal & Administrative, 785-296-3871

Brad Neuenswander, Deputy Commissioner  
Division of Learning Services, 785-296-2303

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**For further information, please contact:** Child Nutrition & Wellness, Kansas State Dept. of Education, Landon State Office Building, 900 SW Jackson Street, Suite 251, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, [www.kn-eat.org](http://www.kn-eat.org), Cindy L. Johnson, Training Coordinator, [cljohnson@ksde.org](mailto:cljohnson@ksde.org).

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# **Color the Day with Fruits and Vegetables**



**Administration**

**\* Color the Day with Fruits and Vegetables \***  
**Administration**  
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- *copies can be made as needed*

Crunch a Bunch Discovery Activity - Cucumber..... Page 8  
- *1 black and white copy, printed on colored paper, 1 per trainer kit (provided by KSDE)*

Participant Booklet ..... Separate Word File  
- *black and white copies, copy cover and Acknowledgments/Discrimination Statement page back-to-back on colored paper and remaining pages back-to-back on white paper, put blank colored page at end of packet, staple in top, left corner, one booklet per participant (provided by KSDE)*

USDA’s Discover MyPlate: Emergent Reader - Vegetables..... Separate PDF File  
- *color copies, print back-to-back (flip on short side) on white paper, staple in top, left corner, one booklet per participant (provided by KSDE)*

USDA’s Discover MyPlate: Emergent Reader - Fruit ..... Separate PDF File  
- *color copies, print back-to-back (flip on short side) on white paper, staple in top, left corner, one booklet per participant (provided by KSDE)*

It’s Fun to Eat Fruits and Vegetables ..... Separate PDF File  
- *color copies, print back-to-back on white paper, staple in top, left corner, one booklet per participant (provided by KSDE)*

Healthy Family Newsletter..... Separate PDF File  
- *color copies, print back-to-back on white paper, staple in top, left corner, one booklet per participant (provided by KSDE)*

# Lesson Outline

Topic	Estimated Time
Welcome and Introduction Class Overview	5 minutes
Lesson 1: Fruits and Vegetables on MyPlate <ul style="list-style-type: none"> <li>• 2010 Dietary Guidelines for Americans</li> <li>• MyPlate and MyPlate Message</li> <li>• The Vegetable Group</li> <li>• The Fruit Group</li> </ul>	10 minutes
Lesson 2: Rainbow Menus <ul style="list-style-type: none"> <li>• Activity1: Rainbow Menu Planning</li> <li>• Activity 2: Rainbow Menus - Vitamins</li> </ul>	40 minutes
Lesson 3: Crunch a Bunch Discovery <ul style="list-style-type: none"> <li>• Trying New Fruits &amp; Vegetables</li> <li>• Activity 3: Crunch a Bunch Discovery</li> <li>• Shaker Salads for Seniors</li> <li>• Happy Hour Smoothies &amp; Juice Cocktails</li> </ul>	30 minutes
Lesson 4: Learn It Live It Lesson Planning	5 minutes
Lesson 5: Harvesting Fruit and Vegetable Teaching Resources <ul style="list-style-type: none"> <li>• Sorting &amp; Adapting Resources</li> <li>• Team Nutrition – Discover MyPlate &amp; Grow It, Try It, Like It</li> <li>• NFSMI – More Than Mud Pies and CARE Connection</li> <li>• Other Resources – Craft ideas, activities, recipes &amp; newsletters</li> </ul>	25 minutes
Conclusion & Wrap-up	5 minutes
<b>TOTAL TIME</b>	<b>2 hours</b>

# **Facility Requirements**

## **Classroom:**

- Comfortable chairs and tables for all trainees that can be moved or arranged for small group work
- Blank wall or space for a screen at the front of the room
- Table located near the blank wall or screen for the trainer's materials

## **Audio-Visual Equipment:**

- Data projector/computer
- Screen (if the classroom does not have a blank wall at the front of the room)

## **Supplies Needed**

<b>Item</b>	<b>Description</b>	<b>Amount Needed</b>	<b>Provided by</b>
Pencils	For participants who did not bring one	12 each	KSDE or Trainer
Crunch a Bunch Discovery Activity Instructions – Cucumber	See Administration	1/trainer kit	KSDE
Paper Bag	Brown grocery bag	1/trainer kit	KSDE or Trainer
Cucumbers		3/training	KSDE or Trainer
Knife, cutting board, serving utensil or disposable single-use gloves	To cut cucumbers if not prepared prior to arrival at training site	1	Trainer
Soufflé cups, small plates or napkins	To serve cucumber for taste testing	1/participant	KSDE or Trainer
Grow It, Try It, Like It	Team Nutrition Resource	1/trainer	KSDE
More Than Mud Pies	NFSMI Resource	1/trainer	KSDE
Books on Fruits & Vegetables	Optional, any available to show participants		Trainer

# Preparation and Set-Up Instructions

## For Organizer

- Copy Participant Booklets and additional materials. Assemble into packets.

## For Host Site

- Ensure that the classroom is clean and meets the requirements.
- Ensure that the audio-visual equipment is in good working condition.

## For Trainer

- Read class notes in advance and prepare.
- Prepare for Activity 3: Crunch a Bunch Discovery Activity - Cucumber. Place 1 cucumber in brown grocery bag. Cut one cucumber in half. Cut 3<sup>rd</sup> cucumber in pieces for taste testing.



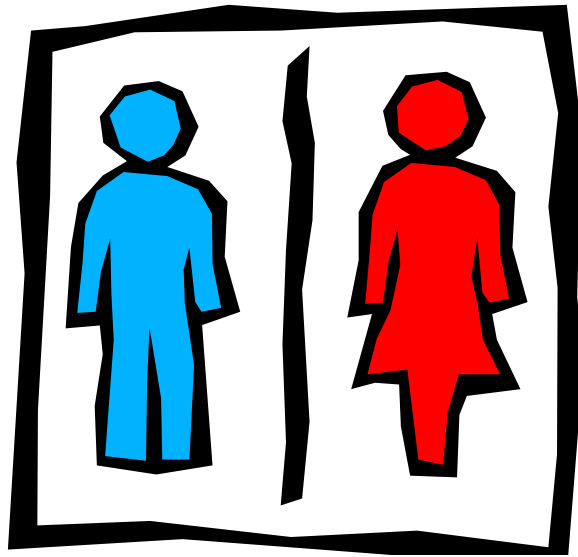
# **Welcome to**

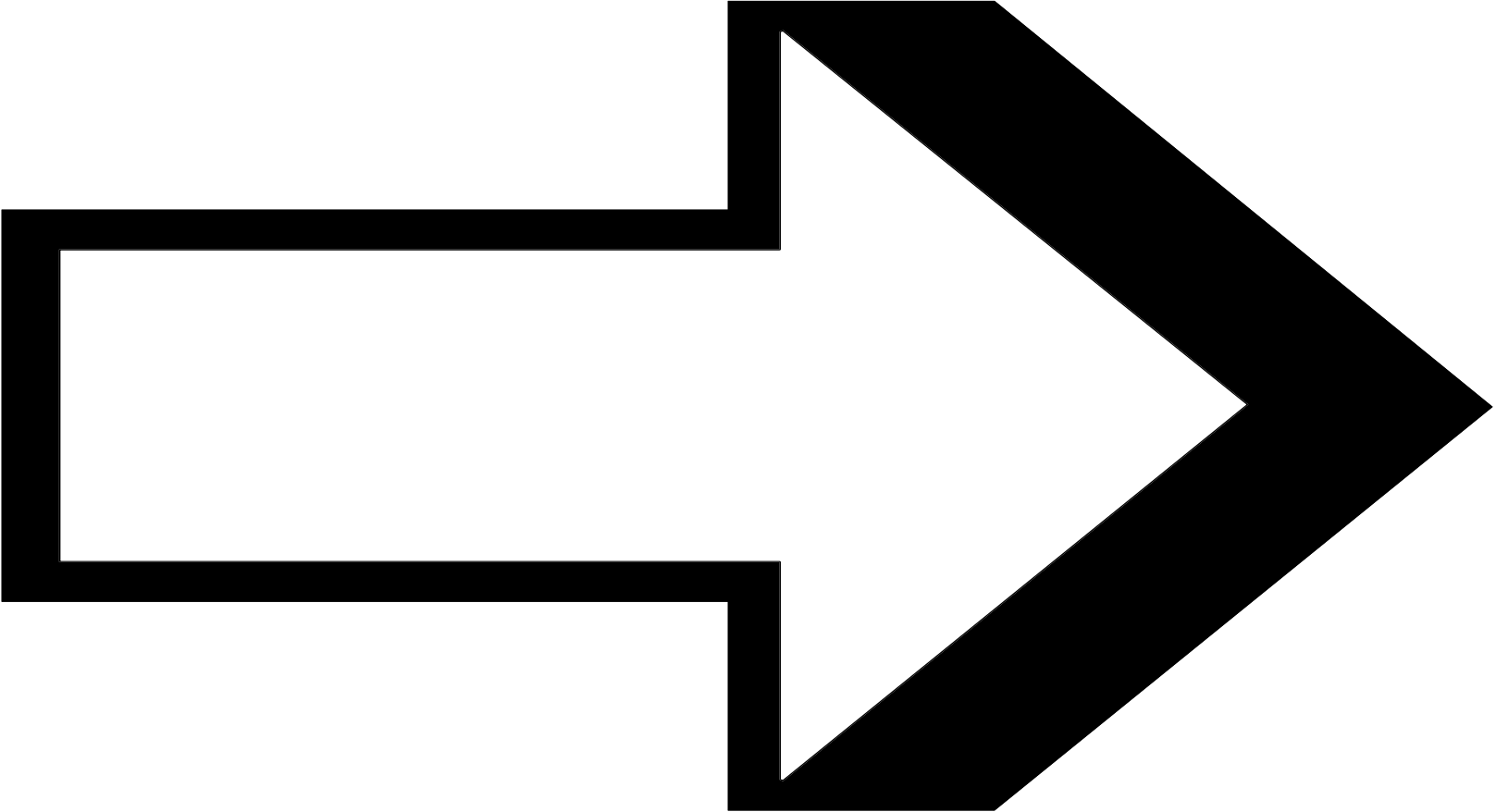


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# Restrooms





## **Crunch a Bunch Discovery Activity Instructions Cucumber – In-Class Activity**

### **Mystery Grocery Bag**

- Hold up the bag containing the cucumber.
- Say: The vegetable today is hidden in the Mystery Grocery Bag. The vegetable will give you clues and you guess what it is?
- The vegetable says:
  - I am green on the outside and white on the inside.
  - I am long and round.
  - Raccoons eat me.
  - I can be made into salads or pickles.
  - I grow on vines.
  - What am I?
- Allow “children” to make several guesses.

### **See and Say**

Once the “children” have guessed or tried to guess the fruit (vegetable),

See: Take the cucumber from the bag and hold it up for “children” to see. Show “children” a cucumber cut in half.

Say:

- See the cucumber is green color on the outside and white on the inside.
- See the cucumber is long and round.
- Farmers pick cucumbers from vines.
- Raccoons eat cucumbers from the farmer’s garden.

Now you tell me:

- What color is the cucumber on the outside?
- What color is the cucumber on the inside?
- What shape is the cucumber?
- What animals eat cucumbers?
- Farmers pick cucumbers from what?

### **Crunch a Bite Taste Test**

Notes for cucumber sample bites:

- Provide about two bites or slices of cucumber in a paper cup or on a small plate.
- Encourage “children” to taste the sample.

Steps to Crunch a Bite (hold up pictures or drawings of each animal)

- First – lick it like a kitty cat.
- Then – nibble it like a bunny rabbit.
- Then – take a crunch bite like a monkey
- And then – chew it slowly and chew it well like an elephant

Finish the Taste Test by Asking:

- Was the cucumber crunchy or soft?
- Was the cucumber sweet?
- What color was the cucumber on the outside?
- What color was the cucumber on the inside?
- Would you eat a cucumber again?
- Can you say “cucumber”?