



5 A Day and School-Age Children

5 A Day in the Classroom

5 A Day Facts

- Help children categorize foods as fruits or vegetables and learn about the differences between them.
- Teach children that fruits and vegetables are an important part of every meal.
- Invite a local dental hygienist to the classroom to teach children the benefits of fruits and vegetables to their teeth.
- Encourage children to identify whether or not they eat enough fruits and vegetables (the 5 A Day Challenge would be a great activity!).
- Use nutrition labels to emphasize the nutritious qualities of fruits and vegetables. Ask a local vegetable farmer or fruit grower to talk with your class.

5 A Day in the Library/Media Center

- Use available nutrition materials to develop lessons on how fruits and vegetables are part of a healthful eating pattern that includes a variety of foods.
- Read books about fruits and vegetables in the classroom.
- Encourage children to explore the Internet for 5 A Day nutrition information and teach them how to identify credible nutrition websites.
- Visit the NC NET Library to see what 5 A Day resources are available for loan.

5 A Day Taste Tests

- Allow children to explore fruits and vegetables using their senses of taste, smell, sight and touch.
- Work with the cafeteria to plan a breakfast meal with fruits or vegetables and invite parents to join students for breakfast.
- Have a snack-tasting party with fruits and vegetables as healthier alternatives to other snack foods.
- Invite a chef into the classroom for a food tasting of fruits and vegetables.

5 A Day Field Trips

- Take a tour of the school's cafeteria and kitchen.
- Take a trip to a local farmers' market, farm, and/or grocery produce section.
- Visit a restaurant. Direct each child to order a meal with at least 2 servings of fruits and/or vegetables.
- Plan a trip to a food processing plant or take an imaginary trip in the classroom to answer questions like: how is a tomato from a farm turned into spaghetti sauce?

5 A Day Music, Art and More

- Make up songs (set to familiar tunes) about fruits and vegetables as healthful food choices.
- Have a 5 A Day poster contest.
- Sponsor a school play with a fruit and vegetable theme.
- Volunteer your class to develop a cafeteria bulletin board about 5 A Day.
- Plant a school garden.
- Encourage fruits and vegetables as part of classroom celebrations.
- Sell fruit as fundraisers and in school snack bars.