



# BRIGHT IDEAS

...for using the Eat Smart. Play Hard.™ materials




## National Fruit & Vegetable Month



Now is a perfect opportunity to promote fruit and vegetable consumption with your clients. Use Eat Smart. Play Hard.™ materials to help encourage and motivate people to make fruit and vegetables part of daily food intake at work, school, and in the community.

### Children

#### Taste the Colors Lesson Plan



**Target Audience**  
Children, ages 3 to 4

**Behavior Objectives**  
Children who participate in this activity will:  
 • Touch fruits and vegetables, describing their colors, shapes, sizes, and smell.  
 • Try a bite of an unfamiliar fruit or vegetable.

**Lesson Overview**  
 20 minute activity  
 • In an activity option, use colorful fruits and vegetables and Power Partner finger puppets to test children that "tasting the colors" is good for you!  
 • Children use words to describe colorful fruits and vegetables: how food looks, feels, smells, and sounds.  
 • For the tasting activity, the children taste and describe how the fruit or vegetable tastes. Recognition and mastery participants by doing an Eat Smart, Play Hard™ fruit or vegetable sticker. Repeat activity.  
 • Each child receives the family handouts, *Together at Home... let's try new foods* to share with his or her family at home.

The [Taste the Colors Lesson Plan](#) focuses on the colors, shapes, sizes, and smells of fruits and vegetables. The lesson plan encourages children to describe how food looks, feels, smells, and sounds. These concepts are reinforced with experiential teaching activities for children to try a new or unfamiliar fruit or vegetable. Taste the colors was developed to be a meaningful 20-minute lesson and provides additional activities for longer sessions. Includes leader guidance, information and tips for parents and caregivers and at-home activities.

*I Tried It!*

My New Food	Tasting Stars ★★
1 _____	_____
2 _____	_____

Sample: "I tried it" chart for home.

### Adults/Workplace

#### Take Action: Promote Fruits and Vegetables In Your Workplace and Community

**TAKE ACTION: Promote Fruits and Vegetables In Your Workplace and Community**

**I**ncreasing the intake of fruits and vegetables is an important national goal and could improve the health of the 70% program participants. While adults in fruits and vegetables promote good health and well-being, but most people do not eat enough fruits and vegetables.

State and local agency staff can make a difference by doing the things described here.

**Encourage staff to try out these ideas and share resources with FNS program participants.**

• Sponsor a fruit and vegetable taste test. Offer small samples of seasonal fruits and vegetables for participants to try.

- ☑ Sponsor a fruit and vegetable taste test!
- ☑ Create a fruit and vegetable corner!
- ☑ Hold a fruit and vegetable recipe contest or cookoff!

Need more ideas like this to encourage staff to increase their intake of fruits and vegetables? Want to share suggestions with FNS Program participants?

[Take Action: Promote Fruits and Vegetables In your Workplace and Community](#) has information for you! This web based publication encourages FNS program participants and staff to take actions to improve their health by making positive changes. FNS program staff has a unique opportunity to set an example in public health settings and we all have a role in showing the public that small steps over time can yield big results!

## All Audiences

***Food Art—Encourage them to play with their food!***



Use this “hands on” activity to create head turning promotions of fruits and vegetables. Create individual pieces of art or combine them into an [incredible display](#). These all-food displays are certain to get attention at back-to-school night, in waiting rooms, or lobby areas. Participants can work individually or divide into small groups. Have a selection of fruits and vegetables and let the creativity begin.

