

# FRESH FRUIT AND VEGETABLE PROGRAM

NOVEMBER 2024

## Nutrition Education and Activities!

### Red Week: November 4-8, 2024

**11/4 Apple**— Watch the short video on “All About Apples” with students  
<https://youtu.be/ICN0djp6zs8?feature=shared>

**Directions:** After watching the video ask these questions to the students

- How many varieties of apples are there?  
A: 7,500 varieties worldwide.
- Name one of the states in the United States that grow the most apples?  
A: Washington, Michigan, New York, Pennsylvania or California

### Green Week: November 11-15, 2024

**Activity:** Kale Fun Facts

**Directions:** Just like the Cabbage, Kale originated in the Eastern Mediterranean and Asia Minor region, they cultivated the kale for food. It is and was a very popular food in ancient Greece. Do you know which region Asia Minor is? (Turkey). One cup of cooked Kale can provide 100% of your daily Vitamin A, great for eyes and skin. Kale contains more Vitamin C than an Orange.

### Eat a Variety of Colors Week: November 25-29, 2024

**Activity:** True or False

























**Directions:** Ask your students to answer these questions

- Rutabaga grows in the ground? (True)
- Rutabaga is also known as a Swedish Turnip? (True)
- Rutabagas are sweet? (True!!!)

### Orange/Yellow Week: November 18-22, 2024

**Activity:** Immune Health

**Directions:** Ask your students what vitamin they think helps boost their immune system? (Vitamin C). The Vitamin C in carrots help provide an excellent source of vitamins to fight winter colds. What other kinds of fruits or vegetables can students name that helps fight against sickness? (oranges, bell peppers, broccoli, sweet potatoes, etc.)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  <b>Red Week</b>	4 Gala Apple 	5 Raspberry 	6 Red Pepper sticks with Ranch Dip 	7 Watermelon 	8 Cherry Tomato 
<b>Week 2</b>  <b>Green Week</b>	11 Kale Leaf with Ranch Dip 	12 Zucchini Sticks 	13 Green Grapes 	14 Green Beans 	15 Granny Smith Apple 
<b>Week 3</b>  <b>Orange/Yellow Week</b>	18 Orange 	19 Golden Kiwi 	20 Yellow Squash 	21 Banana 	22 Baby Carrots 
<b>Week 4</b>  <b>Eat a Variety of Colors Week</b>	25 Rutabaga with Ranch Dip 	26 Fruit Mix (Cantaloupe, Honeydew Pineapple) 	27 Pear 	28 <b>No School:</b> Thanksgiving Break 	29 <b>No School:</b> Thanksgiving Break <b>*Menu Subject to Change</b>
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\*Please share the nutrition education piece with your students. Remember the goal is to increase student participation and educate in trying new fruits and vegetables.

**All snacks must be distributed to students each day.**