

FRESH FRUIT AND VEGETABLE PROGRAM

DECEMBER 2024

Nutrition Education and Activities!

Eat a Variety of Colors Week: December 2-6, 2024

Activity: What Am I?

Directions: Read the following clues to your students and have them guess what fruit or vegetable this is: I come in four colors, I am related to Brussel Sprouts, China is the leading producer, and I grow from 8 to 30 inches.

(Answer: Cauliflower)

Red Week: December 9-13, 2024

Activity: Draw, Watch the video and taste the Watermelon Radish.

Directions: Have students draw a picture of what they think a Watermelon Radish looks like. Watch the video then consume the vegetable. Ask students if they would like to share with others their picture of what they thought a Watermelon Radish looked like or what it tasted like.

Video: <https://youtu.be/raaDjCB-mtg?feature=shared>

Green Week: December 16-20, 2024

Activity: Watch the video while consuming Kiwi's

Directions: Share the following video with your students: Did you know during winter that the Kiwi plant goes into dormancy, what is dormancy? After watching the video have your students define what is dormancy?
















Video: <https://youtu.be/Alty8HHsk0c?feature=shared>

Orange/Yellow Week: Bonus Activity

Activity: Fruit Puzzle

Directions: The same email will be sent out December 2nd, 9th, and 16th regarding the Fruit Puzzle. Have the students help you fill in the blanks with the correct letters.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 Eat a Variety of Colors Week	2 Yam Sticks 	3 Pineapple 	4 Cauliflower 	5 Blackberry 	6 No School 
Week 1 Red Week	9 Pink Lady Apple 	10 Raspberry 	11 Red Pepper Strips 	12 Strawberry 	13 Watermelon Radish with Ranch Dip 
Week 2 Green Week	16 Celery Sticks 	17 Asparagus with Ranch Dip 	18 Kiwi 	19 Sugar Snap Pea 	20 Honeydew 



No School
December 23, 2024 - January 3, 2025
Winter Break



*Menu Subject to Change

This Institution is an Equal Opportunity provider



*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.