FRESH FRUIT AND VEGETABLE PROGRAM

NOVEMBER 2025

Nutrition Education and Activities!

Red Week: November 3-7, 2025

Activity: Watermelon History

Directions: Watermelon is one of the oldest fruits in the world and was first grown in ancient Egypt over 5,000 years ago! There are more than 300 kinds of watermelon grown in the United States and South America. The most common watermelon types are: Seeded, Seedless, Mini and Yellow & Orange. All watermelon are made up of 90-92% of water.

Orange/Yellow Week: November 17-21, 2025

Activity: Immune Health

Directions: Ask your students what vitamin they think helps fight sickness? (Vitamin C). Kumquats are a great source of vitamin C. They have more vitamin C than oranges and you can eat the peel of the kumquat. Ask students to name other foods that could fight against sickness? (Strawberries, Cauliflower, Grapefruit, Cantaloupe, Limes, Blackberry, Mango, etc.)

Green Week: November 10-14, 2025

Activity: How does Celery Grow

Directions: Please watch this video and ask your students these questions about celery.

1. Does Celery stop growing in Cold or Hot weather? **A:** Hot weather
2. What State in the United States grow the most celery?
   A: California
3. True or False, Celery is a natural sleep aid? **A:** True
4. True or False, celery is good for dogs?
   A: True-helps clean their teeth.

Video: https://youtu.be/7Zp_Tvwmf7s?si=YcwUzhftOdtq84Ua

Eat a Variety of Colors Week: November 24-28, 2025

Activity: Draw and Share

Direction: Have students draw their favorite fruit or vegetable they ate this month. Then have them share their drawing with the class and explain why it's their favorite.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week	3 No School	4 Grapefruit 	5 Sliced Radish 	6 Strawberries 	7 Watermelon 
Week 2 Green Week	10 Green Bean with Ranch Dressing 	11 Honeydew 	12 Lime 	13 Celery Stick 	14 MN Grown Apple 
Week 3 Orange/Yellow Week	17 Mango 	18 Yam Stick 	19 Kumquat 	20 Butternut Squash with Ranch Dip 	21 Cantaloupe 
Week 4 Eat a Variety of Colors Week	24 Blackberry 	25 Tri-Color Cauliflower with Ranch Dip 	26 No School: Teachers Inservice	27 No School: 	28 No School: Thanksgiving Break

This Institution is an Equal Opportunity Provider

****Menu Subject to Change**

***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.