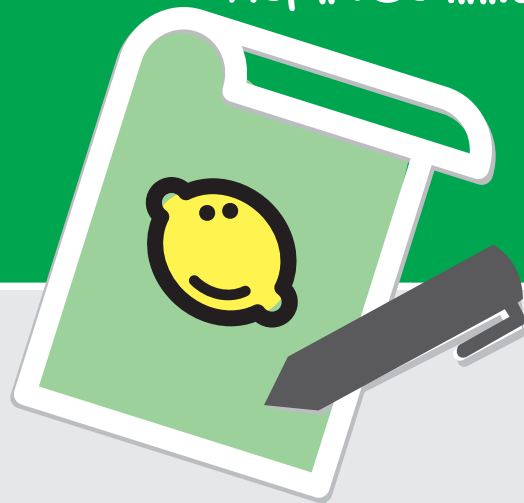


Vegetables and Fruit Journal

Vegetable & Fruit Extension Activity

Action Schools! BC



K-7

VEGETABLE
AND FRUIT

Students will create a journal and use it to record their vegetable and fruit intake for one school week.

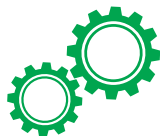
Used by:

- Grade 6 activity *Know Your Nutrients* (available from: www.actionschoolsbc.ca/resources)

PREPARATION

- Review the *Vegetables and Fruit* section of the *Healthy Eating Overview* (included with this extension activity).
- Grades K to 3
 - Copy one page of the *My Vegetables and Fruit Journal* per student, use the Action Schools! BC *Vegetables and Fruit* posters (www.actionschoolsbc.ca/resources).
- Grades 4 to 7
 - Copy *My Vegetables and Fruit Journal* and *Vegetables and Fruit SMART Goals*, use Action Schools! BC *Healthy Eating Placemat* and *Canada's Food Guide Serving Sizes for Vegetables and Fruit* poster or placemat and *Vegetables and Fruit* posters (www.actionschoolsbc.ca/resources).

IMPLEMENTATION



- Grades K to 3
 - Students each receive a *My Vegetables and Fruit Journal*.
 - Review the *Vegetables and Fruit* posters with students.
 - Grade K and 1 students can draw the vegetables and fruit and write the first letter of the word beside the drawing for each vegetable or fruit they eat in a day.

- Grade 2 and 3 students can write out the word for the vegetables and fruit.
- Collect completed journals and as a class, graph the results of how many vegetables and fruit were eaten by the class, ensuring that students are not singled out.
- As a cross-curricular activity, use some of the simpler names for vegetables and fruits for spelling lists.
- Grades 4 to 7
 - Students each receive a *My Vegetables and Fruit Journal*.
 - Review the *Vegetable and Fruit Food Guide Serving Sizes for Canada* poster with students.
 - Students track the number of servings of vegetables and fruit they consume each day for one school week on the *My Vegetables and Fruit Journal*.
 - At the end of a week, students compare the number of daily servings they have consumed to *Canada's Food Guide* recommendation of a minimum of six *Food Guide Servings* per day.
 - Ask students to complete *Vegetables and Fruit SMART Goals*.
 - Encourage students to try vegetables and fruit served in different ways to increase variety (e.g., fresh red peppers, roasted red peppers, peppers added to pizza and pasta sauces).
 - Institute a class goal sheet. Have class total up their total fruit and veggie intake and based on that, set class goals and work towards the collective goal.

RECOMMENDED RESOURCES



- Health Canada
 - *Eating Well with Canada's Food Guide* (available in 12 languages and for First Nations, Inuit and Métis; free class sets available - www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)
 - *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators (F)* - (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>)
 - *Eat Well Plate* (<http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
 - *Action Schools! BC Vegetables and Fruit Posters (F)* (www.actionschoolsbc.ca/resources)
- Half Your Plate (<http://www.halfyourplate.ca>)

EDUCATOR BACKGROUND

Some families have challenges in providing enough nutritious food in the home environment, therefore some of the activities may need to be modified to ensure students have a positive experience with the lesson (e.g., draw or write names for vegetables and fruit they would like to try).

Goal setting has been shown to be an effective method of enhancing dietary behaviour change. It can direct attention to a particular task or new behaviour, and is a learning technique combining information transfer, application, and new health behaviour adoption.

For best results, ensure goals follow the SMART guidelines:

- **Specific:** Outline in detail the specific goals (what? how? why?).
- **Measurable:** Decide how progress will be assessed.
- **Attainable:** Set goals that are within reach.
- **Realistic/rewarding:** Set goals that are challenging, yet possible. The goal should make you feel good when you achieve it. If you think your goal is worthwhile then you will be more likely to succeed. Your goals should be set by you and not by someone else.
- **Timely:** Establish a deadline for goal completion.



NAME _____

My Vegetables and Fruit Journal

Monday	VEGETABLES	FRUIT

Tuesday	VEGETABLES	FRUIT

Wednesday	VEGETABLES	FRUIT

Thursday	VEGETABLES	FRUIT

Friday	VEGETABLES	FRUIT

Kids aged 4 to 8: Try to eat 5 a day!

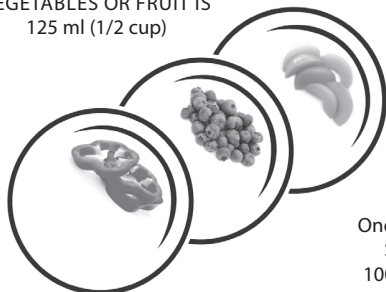
NAME _____

My Vegetables and Fruit Journal

DAY OF WEEK	WHAT VEGETABLE OR FRUIT DID YOU EAT?	ESTIMATE HOW MUCH YOU ATE	WORK OUT HOW MANY SERVINGS YOU ATE	TOTAL PER DAY
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Kids aged 9-13: Try to eat 6 a day!

One Food Guide Serving of FRESH, FROZEN OR CANNED VEGETABLES OR FRUIT IS 125 ml (1/2 cup)



An example of a Food Guide Serving of A WHOLE FRUIT IS one medium pear

One Food Guide Serving of 100% JUICE IS 125 ml (1/2 cup)



One Food Guide Serving of LEAFY VEGETABLES IS 250 ml (1 cup)



One Food Guide Serving of DRIED FRUIT IS 60 ml (1/4 cup)

Reference: *Canada's Food Guide*

NAME _____



Vegetables and Fruit SMART Goals



Review your *My Vegetables and Fruit Journal* and create one SMART goal that will help you meet *Canada's Food Guide* recommendations of 6 servings a day for 9 to 13 year olds.



WHAT IS A SMART GOAL?

- S** – Specific
- M** – Measurable
- A** – Attainable
- R** – Realistic
- T** – Timely



Example: Starting tomorrow, I will pack 1 serving of vegetables or fruit as part of my snack each day, to help me reach my goal of eating 6 servings of vegetables or fruit each day.

SET YOUR OWN GOAL:

COMPLETE THE TABLE BELOW:

PEOPLE OR THINGS THAT MAY GET IN THE WAY OF ME REACHING MY GOAL	WHAT I CAN DO TO HELP OVERCOME THESE THINGS
<i>Example:</i> Not enough time to pack lunch in the morning	<i>Example:</i> Pack lunch in the evening or get up earlier

OVERVIEW: VEGETABLES AND FRUIT

This section explains why it is important to eat vegetables and fruit.

Information relating to conducting tasting activities with students, food safety considerations, messaging relating to variety and information on produce grown in BC can be found in this section.

Recommended guidelines:

- Make a healthy choice. Fill half your plate with fruits and veggies.
- Children aged 4 to 8 should eat a minimum of 5 food guide servings of vegetables and fruit each day.
- Children and youth aged 9 to 13 should eat a minimum of 6 food guide servings of vegetables and fruit each day.
- Eat one dark green and one orange vegetable each day.
- Choose vegetables and fruit more often than juice.
- Drink water – it's always a great choice.

Why Are They Important?

The Vegetables and Fruit food group is the largest arc in the rainbow on *Canada's Food Guide*, emphasizing the key role these foods play in a healthy eating pattern.

Vegetables and fruit include important nutrients such as carbohydrates (including fibre), vitamins, minerals, and antioxidants. Choosing a wide variety of colourful vegetables and fruit helps to ensure we get all of the nutrients we need.

A diet that includes a wide variety of vegetables and fruit helps children to grow, learn and play. Additionally, this may help reduce the risk of cardiovascular or heart disease and some types of cancer, as well as help to achieve and maintain a healthy weight.

The recommended number of servings is different for people at different stages of life and is different for males and females after age 14. *Canada's Food Guide* recommends a minimum of 5 servings a day of vegetables and fruit for children aged 4 to 8 years and a minimum of 6 per day for children aged 9 to 13 years.

Canada's Food Guide - Eat Well Plate is another resource that helps build healthy meals and encourages making half your plate vegetables and fruit at each meal (<http://www.healthycanadians.gc.ca/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.pdf>).

Canada's Food Guide has been translated into 12 languages. Visit Health Canada's website to download translated copies. In addition to the translated Food Guides, Canada also has a *First Nations, Inuit and Métis Food Guide*. The "My Food Guide" tool on the Health Canada website allows individuals to create a personalized food guide using the foods that are part of their eating pattern. You can choose to print this tool in either English or French.

References:

- *Eating Well with Canada's Food Guide* (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
- *Health Canada's The Eat Well Plate* (<http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- Canadian Paediatric Society (<http://www.cps.ca>)
- Dietitians of Canada (<http://www.dietitians.ca/>)

What Is a Vegetable?

Vegetable is not a botanical term, but rather a culinary term which generally refers to any edible part of a plant that is not regarded as a fruit, nut, herb, spice, or grain. Vegetables can include leaves (lettuce), stems (asparagus), roots (carrots), tubers (potatoes), flowers (broccoli), bulbs (garlic), and seeds (peas and beans). Some botanical fruit such as cucumbers, squash, pumpkins, tomatoes, and sweet peppers are usually referred to as vegetables.

What Is a Fruit?

In botany, a fruit is the ripened seed-bearing part of a flowering plant. In cuisine when discussing fruit as food, the term usually refers to just those plant fruits that are sweet and fleshy (e.g., plums, apples, and oranges). Many foods are botanically fruit but are treated as vegetables in cooking. These include cucurbits (e.g., squash, pumpkins, and cucumbers), tomatoes, peas, beans, corn, eggplants, and peppers.

Vegetable and Fruit Tasting

Repeated exposure to food, including seeing, smelling, and touching new food, and preparation and tasting, is the most effective way to influence a child's eating behaviours. See the *Action Schools! BC Extension Activities*, available at www.actionschoolsbc.ca for great ways to conduct tasting activities with students.

- The objective of a tasting party is to have students sample a vegetable or fruit – not to provide a full serving to each student.
- Children may be more willing to try new types of food with their peers. Providing a relaxed setting without forcing them to try new foods helps to build a healthy relationship with food.
- Fresh vegetables and fruit work best for tasting activities. Choose local vegetables and fruit that are in season when possible. If fresh vegetables and fruit are not available, try dried fruit with no added sugar; frozen vegetables and fruit with no added salt or sugar; or canned vegetables and fruit in water, juice, or light syrup (has added sugar).
- See the *Food Safety Considerations* information for important reminders about food safety when conducting tasting activities with students.

Name of vegetable or fruit: _____

I've tried this vegetable or fruit _____ times.

Description		😊	😐	😞
Taste				
Texture				
Appearance				

- Visit Healthy Schools BC for programs and supports that may be available to your school to support healthy eating, including providing grants or fruits and vegetables directly (www.healthyschoolsbc.ca).
- Using *Food Tasting Chart* (available at www.actionschoolsbc.ca/resources) allows students to reflect on what they are tasting, use their senses, and develop their vocabulary.

Buying Locally Grown Food Has Many Advantages

Whether it is purchasing the produce for your Tasting Party or teaching students about the food system, it is important to highlight the benefits of growing and/or purchasing local food.

Buying Locally Is Good for the Economy

Dollars spent on locally grown food are reinvested back into the community, which contributes to the growth of small businesses, generates local jobs, raises property values, and leads to strong health care, education, and recreation sectors.

Buying Locally Is Good for the Environment

Food produced and consumed locally has a smaller carbon footprint. It uses less fossil fuel for transportation and requires less material for packaging compared to mainstream food production.

References

- *Fighting Global Warming at the Farmer's Market: A FoodShare Research in Action Report*, Second Edition, April 2005 (http://foodshare.net/custom/uploads/2015/11/Fighting_Global_Warming_at_the_Farmers_Market.pdf)
- BC Agriculture in the Classroom (www.aitc.ca/bc/)

Recommended Resources

- Healthy Families BC (www.healthyfamiliesbc.ca/eating)
- HealthLink BC – Healthy Eating (www.healthlinkbc.ca/healthy-eating)
- Health Canada
 - *Eating Well with Canada's Food Guide* (available in 12 languages and for First Nations, Inuit and Métis; free class sets available) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
 - *Canada's Food Guide: A Resource for Educators and Communicators* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>)
 - *Eat Well and Be Active Educational Toolkit* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>)
 - *Eat Well Plate* (<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- HealthLink BC: Call 811 and speak with a registered dietitian (www.healthlinkbc.ca)
- Canadian Paediatric Society – Caring for Kids (www.caringforkids.cps.ca)

FOOD SAFETY CONSIDERATIONS

There are steps to take to prevent illness and make fresh vegetables and fruit safe to eat.

- When buying and storing vegetables and fruit, always keep them separate from raw foods such as meat, poultry and seafood. Juices from raw foods can be contaminated with germs that cause illness.
- Always wash hands with soap and warm running water before preparing any food, including vegetables and fruit.
- Any person who is sick and has symptoms of diarrhea or vomiting, or who has infected cuts or sores, should not be allowed to handle food in any way.
- Always wash and sanitize* surfaces where foods are prepared and placed.
- Dishcloths must be washed well and sanitized regularly.
- Take extra care to thoroughly clean vegetables and fruit, especially dirty produce. Wash them in a diluted dish soap solution and then rinse in clean running water.
- When washing vegetables and fruit, cut away any damaged or bruised areas since harmful germs can grow there. Compost or throw away any rotten vegetables and fruit.
- Wash and scrub vegetables and fruit that have a firm, rough surface such as potatoes, using a clean scrub brush for produce.
- Always wash vegetables and fruit that have a rind, before peeling or preparing them, such as pineapples, cantaloupe, oranges, melon and squash. Although the skin and outer surfaces protect them, germs can grow if the surface gets broken, pierced or cut, especially in melons and tomatoes.
- Always discard the outer leaves of leafy vegetables grown in or near the ground, such as lettuce and cabbage. The outer leaves are more likely to be contaminated with germs.
- Raw sprouted seed products, such as bean sprouts, radish sprouts, alfalfa sprouts, mung beans and others, may carry germs that cause illness. Always cook these before eating because it is difficult to wash sprouted seeds.
- Contaminated foods may not look or smell bad so if in doubt, throw it out!
- Be cognizant of any food allergies that your students may have prior to activities that involve food.
- You can make a sanitizing solution:
 - Mix 15 ml (1 tablespoon) of household bleach into 4 L (1 gallon) of water; or,
 - Mix 5 ml (1 teaspoon) of household bleach into 1 litre (4 cups) of water.

Adapted from: *Food Safety for Fresh Fruits and Vegetables* and *Ten Easy Steps to Make Food Safe*, HealthLink BC

Recommended Resources

- *Do Bugs Need Drugs?* (www.dobugsneeddrugs.org)
- HealthLink BC: Call 811 and speak with a registered dietitian (www.healthlinkbc.ca)



Action Schools! BC

To: Parent/Caregiver
Re: Action Schools! BC Healthy Eating

Dear Parent/Caregiver,

Our school is involved in a school-based healthy living initiative called Action Schools! BC. The program is designed to assist schools in promoting healthy living while achieving academic outcomes.

The goals of Action Schools! BC include increasing students' knowledge of healthy eating and encouraging healthy eating behaviours such as increasing consumption of vegetables and fruit, and limiting sodium (salt) and sugary drink intake.

Throughout the year students will have the opportunity to be involved in classroom and school- wide food and healthy eating activities. We invite you to support your child to participate in the activities by asking them to share with you what they have learned and how you can help them.

More information about Action Schools! BC and ideas for healthy snacks can be found at www.actionschoolsbc.ca/resources.

Food Allergies

Some activities related to this initiative may include food sampling (primarily vegetables and fruit). To ensure every child's health and safety during tasting activities, please fill in the bottom half of this form and return it to your child's classroom teacher.

Thank you

Child's Name: _____

Does your child have any food allergies and/or sensitivities?

- NO**, my child does not have any food allergies and/or sensitivities that would prevent him/her from participating in classroom tasting activities.
- YES**, my child does have a food allergy and/or or sensitivities that might prevent him/her from participating in classroom tasting activities. S/he is allergic/sensitive to the following foods:

Parent/Caregiver Signature: _____ Date: _____