Background:

Eating all different forms of fruits and vegetables can help to increase variety, give us options throughout the seasonal year as well as help us to minimize costs as some forms may be less expensive than others.

The five different forms of fruits and vegetables include:
1. Fresh
2. Frozen
3. Canned
4. Dried
5. 100% Juice

This section includes various activities that engage the different senses and can be done with many different foods of various fruits and vegetables throughout the year to make the experience an ongoing journey. The “Apples are Among Us” activity in the Suggested Activities section includes “apples” as an example, but can be applied to any fruit or vegetable.

*Cost-Saving Tip: Using foods that will already be served for snacks or lunch would be a great way to minimize costs and limit the purchase of “extra” food for classroom activities. Activities may be adapted to include pictures of foods as another way to help cut costs for certain foods that may be difficult to obtain, prepare or serve in the classroom setting.

Objective:

Showcase to children the different forms of fruits and vegetables. Children can experience the different tastes, textures and forms of fruits and vegetables.

Suggested Activities:

(A) Apples are Among Us

Materials:
- Different forms of apples: fresh (different varieties, like Granny Smith, Red Delicious, Fuji, Gala, etc., if available); canned applesauce; dried or dehydrated; 100% juice.

Procedure:
1. Display the different forms of apples. Explain to children that all of the ‘samples’ are from the same fruit – apples. Explain that each sample represents a different “form” of apples.
2. With each form (fresh, canned, dried and 100% juice), talk about each of their individual characteristics.
   - Color
   - Shape
   - Size
• Texture
• Smell
• Taste
• How are they different? How are they the same? How are they prepared?
• How many different “forms” of apples is displayed?
  Refer to page 39 for a helpful list of adjectives to describe apples.
3. Ask if they have eaten all these different forms of apples before? What form of fruit / vegetable did they eat with their lunch / snack today?
4. *Note: If the apples are paired with a serving of milk, grain item or meat item, the two together will meet the USDA guidelines for a snack.

(B) Books
• “How Are You Peeling? Foods with Moods” by Saxton Freymann and Joost Elffers, Scholastic Press, 1999
• “Baby Food” by Saxton Freymann and Joost Elffers, Arthur A. Levine books, 2003

(C) For parents at home:
• Different Forms of Fruits and Veggies Checklist (see page 43). Parents can do this activity with their children to reinforce the concept that fruits and vegetables come in all different ‘forms.’ It is encouraged for parents to include fruits and vegetables of different forms into their meals and snacks at home.
• Fruits & Veggies – More Matters® worksheet (see page 44). Have parents work with children to draw or list out different fruits and vegetables that they ate today. Encourage them to plan on incorporating more fruits and vegetables with their meals and snacks everyday.
Different Forms of Fruits and Veggies Checklist

Parents, in class, we have been learning about the many different forms of fruits and vegetables. Please help us fill out this checklist of some common fruits and vegetables that we have tried before, noting the variety of forms that are available.

- **Apples**
  - Fresh
  - Freeze dried
  - Applesauce (canned)
  - 100% Juice
  - Chips

- **Corn**
  - Fresh Corn on the Cob
  - Canned
  - Frozen
  - Dehydrated

- **Mangoes**
  - Fresh
  - Frozen
  - Dried

- **Oranges**
  - Fresh
  - Canned Mandarin Oranges
  - 100% Juice

- **Potatoes**
  - Steamed
  - Canned
  - Frozen
  - Chips

- **Strawberries**
  - Fresh
  - Frozen
  - Freeze, dried
  - Jam or preserves

- **Tomatoes**
  - Fresh
  - Canned (whole, stewed, diced)
  - Sauce or paste
  - Sun-dried tomatoes
  - Catsup

Are there any above that we have not tried before? Can you think of other examples of different forms of fruits and vegetables?

Try to incorporate new ones into your meals and snacks at home.

Adapted from UH CES SNAP-Ed’s Head Start Training Manual “Lessons From Lunch”
Parents, we have been learning about fruits and vegetables and all of their different forms. We should try to eat a colorful variety of fruits and vegetables everyday! Help us list or draw 5 or more different fruits and vegetables that we ate today, will eat tomorrow and over the weekend.

**5 or more Today?**

**5 or more Tomorrow?**

**5 or more for the Weekend?**