



# Orange Bowls

## Lesson Plan

### OBJECTIVES:

At the end of the lesson, students will be able to:

- Identify fruit as an excellent source of nutrients.
- Identify fruit as a sweet possibility for dessert or snack.
- Identify the fruits used in the fruit salad.

### MATERIALS NEEDED (per 10 kids):

Bowls, forks, soft-edged knives

6 thick skinned oranges – ½ orange per kid plus 1 extra

At least three of any of the following fruits (be aware of any potential fruit allergies):

Mango                      Bananas (these are excellent for the kids to cut themselves)

Watermelon      Honeydew              Papaya              Peaches

Cantaloupe      Blueberries              Strawberries

### PREP WORK (1 hour before program):

Slice oranges in half and cut the orange segments out and put them aside for use in the fruit salad.

Scoop/cut out the remaining membranes, leaving the oranges smooth on the inside.

Cut a small slice off of the bottom of each orange bowl so that it sits flat, cover and freeze.

Cut each fruit into bite sized pieces, except bananas.

Put each cut fruit into its own serving bowl with a serving spoon.

For each participant, lay out waxed paper, plastic knife and ½ banana, and a frozen orange bowl.

### PROJECT DIRECTIONS:

*Have kids carefully cut bananas with plastic knives (help those that are unable)*

*Have kids chose their favorite fruits to fill their orange bowls.*

### NOTES:

Have kids wash hands before coming to the table.

Keep serving spoons from mixing

Watch that kids don't put the spoons into their mouths or their hands into the bowls.

### DISCUSSION:

*Identify the different fruits used and where they grow.*

*Identify any specific health benefits of the fruits used, i.e.,*

• Oranges = vitamin C/ascorbic acid – helps your body heal when hurt, keeps your gums healthy.

• Watermelon = lycopene, Vit C, Vit A

• Bananas = Potassium – helps your blood and B6- energy

*What other fruits could you use that weren't used today?*

### EXTRAS (if appropriate):

Use the MyPyramid.Gov guide to identify the food group for the foods used. Discuss the importance of eating 5 serving of fruits and vegetables everyday to stay healthy.

