

# Oakland Eats Garden Fresh: Three Days of Activities



*Oakland Eats Garden Fresh is a joint venture of OUSD Nutrition Services and Alameda County Public Health Department, Nutrition Services, which connects the classroom to the cafeteria, linking nutrition education with the produce served at school to maximize impact.*

**Goal:** Encourage Oakland students to eat more seasonal fruits and vegetables and understand the connections between local farming and produce.

**Objective:** By the end of April, 2011, your students will be able to 1) state two benefits of eating fruits and vegetables, 2) list the seasons, 3) match a fruit or vegetable to the correct season, and 4) name one reason that it's important to eat locally.

**Materials Needed:**

1. *Oakland Eats Garden Fresh* Poster
2. *Oakland Eats Garden Fresh* Stickers
3. Handout: *A Rainbow of Fruits and Vegetables*
4. Handout: *Bay Area Seasonality*
5. Handout: *April OUSD lunch menu*
6. Handout: *Farmers' Markets* (make copies)

**Time You Will Need in the Classroom:** approximately 15 minutes each day.

ACTIVITIES	Health Education Standards
<p><b>Day 1</b></p> <ul style="list-style-type: none"> <li>• Ask students if they have eaten fruits or vegetables today. Ask which ones and write these in the white space on the <i>Oakland Eats Garden Fresh</i> poster.</li> <li>• Using the talking points on the back of this sheet, review the benefits of eating fruits and vegetables with your class. Stress the importance of eating fruits and vegetables of all the colors in the rainbow.</li> <li>• Go through each color of the rainbow and have students try to name as many fruits and vegetables that they can in that color. Compare to <i>A Rainbow of Fruits and Vegetables</i> handout. Did students name them all? Have students name one fruit or vegetable that they will try to eat this week.</li> <li>• Remind students how many fruits and vegetables they are recommended to eat each day.</li> </ul>	<p>1.4N: List the benefits of healthy eating</p>
<p><b>Day 2</b></p> <ul style="list-style-type: none"> <li>• Ask students which fruits and vegetables they have eaten since yesterday. Write these in the white space on the poster.</li> <li>• Using the talking points on the back of this sheet, discuss with students why it is important to eat locally grown fruits and vegetables.</li> <li>• Have students name the four seasons of the year and discuss the concept of seasonality. Go over the <i>Bay Area Seasonality</i> handout.</li> <li>• Have students draw one fruit or vegetable that grows in the Bay Area during the Spring</li> <li>• Send students home with the handout: <i>Farmers Markets</i></li> </ul>	<p>7.1N: Select nutritious snacks</p>
<p><b>Day 3</b></p> <ul style="list-style-type: none"> <li>• Ask students which fruits and vegetables they have eaten since yesterday. Write these in the white space on the poster.</li> <li>• Using the OUSD lunch menu for April, read aloud different items (pizza, apple, grilled cheese, corn cobette, etc) and have students raise their hands if the item read is a fruit or vegetable.</li> <li>• Tell students that Earth Day will be celebrated on April 28<sup>th</sup> and all the food served in the cafeteria will be local that day. If students eat in the cafeteria that day and find an <i>Oakland Eats Garden Fresh</i> sticker on their cafeteria tray, they will win a prize!</li> <li>• Pass out <i>Oakland Eats Garden Fresh</i> stickers. Remind students how they can eat "garden fresh".</li> </ul>	<p>4.1N: Explain how to ask family members for healthy food options 7.3.N: Choose healthy foods in a variety of settings</p>



# **Oakland Eats Garden Fresh**

## **Teacher Talking Points**

### **DAY 1**

#### **Why is it important to eat fruits and vegetables?**

- Fruits and vegetables are excellent sources of vitamins, minerals and fiber.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections. Fruits and vegetables high in Vitamin A include dark leafy greens (like spinach) and orange fruits and vegetables (like sweet potatoes, carrots and mango)
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Fruits and vegetables high in Vitamin C include citrus fruits like oranges, and vegetables like broccoli and bell peppers.
- Potassium is a mineral that is important for keeping fluids in balance in your body. Fruits and vegetables high in Potassium include bananas, melons and avocado.
- Fiber keeps food moving through the digestive tract. All fruits and vegetables provide fiber, but some of the highest sources of fiber include: apples, berries, pumpkin and beans.
- Most fruits and vegetables are naturally low in fat and calories and do not contain cholesterol.
- To ensure intake of a variety of nutrients, try to eat the colors of the rainbow every day.

#### **How many fruits and vegetables should you eat each day?**

- 5-8 year olds: 1 ½ c. vegetables and 1 ½ c. fruits (3 med fruits)
- 8-11 year olds: 2 c. vegetables and 1 ½ c. fruits

*Examples of 1 cup fruits/vegetables: 1 small apple, 8 strawberries, 12 baby carrots, 1 cup cooked greens*

*Examples of ½ cup fruits/vegetables: 1 small box of raisins, ½ grapefruit, 1 large plum*

### **DAY 2**

#### **Why is it important to eat locally grown fruits and vegetables?**

- Local produce tastes better, as it was picked at the peak of ripeness and didn't have to travel far to your plate
- It's better for you. The shorter the distance from farm to your plate, the less time the produce has to lose nutrients
- Buying locally supports your community
- The shorter distance from farm to your plate means that less gas was used in transportation

#### **When do different fruits and vegetables grow in the Bay Area (Oakland)?**

See handout: *Bay Area Seasonality*

### **DAY 3**

#### **How can you “Eat Garden Fresh” in Oakland?**

- Identify farmers' markets in your community
- Eat locally grown & seasonal fruits and vegetables
- Grow your own vegetables

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#### **Reliable Nutrition Education resources**

- <http://www.eatright.org/Public/>
- <http://www.mypyramid.gov/>
- <http://www.nal.usda.gov/fnic/foodcomp/search/>