I pledge allegiance to my health, to not compare myself to anyone else. With fruits and vegetables I’ll fill my tray and get nice and sweaty every day. I have only this body and this one heart so today’s the day I’m going to start eating less chips and less sugary drinks and before I eat I’m going to think!

Name
**Introduction**

*Harvest of the Month* is a program that your class will take part in this year. Through participation in this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they cost less and are fresh.

You may have seen a food picture called MyPlate. MyPlate is a reminder for people to make healthier food choices. A healthy meal starts with more fruits and vegetables and smaller sizes of protein like meat and grains like rice. Think about how you can change what is on your plate to make it healthier.

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What’s on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

ChooseMyPlate.gov

Make half your plate fruits and vegetables.

Make at least half your grains whole.

Switch to non-fat or low-fat (1%) milk.

Vary your protein food choices.
Foods Found in MyPlate

Apples  
Apricots  
Avocados  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Honeydew  
Kiwi  
Lemons  
Limes  
Mangos  
Oranges  
Papaya  
Peaches  
Pears

Pineapple  
Plums  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tangerines  
Watermelon  
100% apple juice  
100% grapefruit juice  
100% grape juice  
100% orange juice

Artichokes  
Asparagus  
Bean sprouts  
Beets  
Bell peppers**  
Black beans*  
Black-eyed peas*  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  

Collard greens  
Corn  
Cucumbers**  
Dark green leafy lettuce  
Eggplant**  
Garbanzo beans (chick peas)*  
Green beans**  
Green peas*  
Kale  
Kidney beans*  
Lentils*

Lettuce  
Lima beans*  
Mushrooms  
Mustard greens  
Okra**  
Onions  
Pinto beans*  
Potatoes  
Pumpkin**  
Soybeans*  
Spinach  
Split peas*  
Squash**  
Sweet potatoes  
Tomatoes**  
Turnip greens  
Turnips  
Vegetable juice  
Zucchini**

*beans and peas can also go in the protein group  
**these vegetables are the fruit part of the plant because they contain the seeds of the plant

Almonds  
Beans and peas (see vegetables)  
Beef  
Cashews  
Chicken  
Eggs  
Fish  
Ham  
Lamb  
Peanut butter  
Peanuts  
Pecans  
Pistachios  
Pork  
Sesame seeds  
Sunflower seeds  
Tempeh  
Tofu  
Turkey  
Veggie burger  
Walnuts

American cheese  
Cheddar cheese  
Cottage cheese  
Mozzarella cheese  
Non-fat or low-fat milk  
Non-fat or low-fat yogurt  
Parmesan cheese  
Swiss cheese

Brown rice  
Buckwheat  
Cornbread  
Corn flakes  
Corn tortillas  

Couscous  
Crackers  
Flour tortillas  
Grits  
Macaroni

Noodles  
Oatmeal  
Pita bread  
Popcorn  
Pretzels  
Ready to eat breakfast cereal  
Spaghetti  
White rice  
Whole grain barley  
Whole grain cornmeal

Whole rye  
Whole wheat bread  
Whole wheat cereal  
Whole wheat crackers  
Whole wheat pasta  
Whole wheat tortillas  
Wild rice
The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 1½ cups of vegetables and 1-1½ cups of fruit every day.*

*Source: MyPlate
<table>
<thead>
<tr>
<th>Fruit or Vegetable</th>
<th>I like it</th>
<th>I am not sure if I like it</th>
<th>I did not like it</th>
<th>I will try this again</th>
<th>Why it is good for me...</th>
</tr>
</thead>
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<tr>
<td>Peppers</td>
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<td>Root Vegetables</td>
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<td>Salad Greens</td>
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<td><img src="https://via.placeholder.com/150" alt="Salad Greens" /></td>
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<tr>
<td>Cooked Greens</td>
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<tr>
<td>Cucumbers</td>
<td><img src="https://via.placeholder.com/150" alt="Cucumbers" /></td>
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<tr>
<td>Strawberries</td>
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<td><img src="https://via.placeholder.com/150" alt="Strawberries" /></td>
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</tbody>
</table>
A ½ cup of sweet green peppers is an excellent source of vitamin C. By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.

Peppers are grouped into two categories: hot (chili) and sweet peppers. Hot peppers can be picked at any stage, but are hottest when fully ripe. When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.

Watch this video and learn about a pepper farmer! http://bit.ly/1F4AJpV

Activity

Research what a greenhouse is and how it is useful for growing fruits and vegetables. Use the space below to write down key information.

Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Be sure to include information like ideal temperature, amount of sunlight, and amount of water.

Pea Dippin’ Good
http://bit.ly/1Tm0OtI
MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the Foods Found in MyPlate on page 3 to help you. For more activities, games, and videos visit: www.ChooseMyPlate.gov/kids
Grapes grow on a vine.

- A ½ cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.


**Activity**

- In the video, the farmer talks about why the Central Valley is one of the best places to grow grapes. Explain what weather conditions are needed to successfully grow grapes.

---

**Quick and Creamy Grape Shake**

Read It Before You Eat It

You know how books have a table of contents that explains what’s inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what’s inside the food you’re eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

The label also tells you how many servings are contained in that package of food. The information on the label only lists nutrients for one serving. If you eat two servings, you have to multiply all the nutrients by two. It is important to look at the serving size first!

Macaroni and Cheese

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
</tr>
<tr>
<td><strong>Servings Per Container</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amount Per Serving</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 250</td>
</tr>
<tr>
<td>Calories from Fat: 110</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 12g</td>
</tr>
<tr>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Cholesterol: 30mg</td>
</tr>
<tr>
<td>Sodium: 470mg</td>
</tr>
<tr>
<td>Carbohydrate: 31g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 5g</td>
</tr>
<tr>
<td>Protein: 5g</td>
</tr>
<tr>
<td>Vitamin A: 4% *</td>
</tr>
<tr>
<td>Vitamin C: 2%</td>
</tr>
<tr>
<td>Calcium: 20% *</td>
</tr>
<tr>
<td>Iron: 4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The information on the label only lists nutrients for one serving. If you eat two servings, you have to multiply all the nutrients by two. It is important to look at the serving size first!


Source: KidsHealth.org and USDA’s Team Nutrition

Root vegetables grow in the ground.

- A ½ cup of sliced daikon radish is a good source of vitamin C.
- Root vegetables include: potatoes, beets, carrots, jicama, radishes, sweet potatoes, ginger, garlic, and onions.
- Root vegetables are the roots of plants that are eaten as vegetables. They anchor the plant, absorb water and nutrients, and store energy.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.
- California leads the nation in production of daikon radishes.


**Activity**

- In the video, the chef talks about cooking with different types of vegetables, including carrots. Do you cook? Have you cooked with carrots and other root vegetables? Think of a meal that you make with root vegetables, or think of a meal you would like to make with root vegetables. If you want to, research a recipe that uses root vegetables. Write the recipe below or use a separate piece of paper if needed.

  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________
  ________________________________________________________________

Dig Into Roots [http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Why Fruits and Vegetables are Good for You

- Fruits and vegetables are some of the healthiest and best tasting foods.
- They are low in sodium and calories, and most are fat-free.
- Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks.
- Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy.

How can I make a rainbow of fruits and vegetables on my plate?

<table>
<thead>
<tr>
<th>Meal</th>
<th>Fruit or Vegetable to Add</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: cereal</td>
<td>strawberries or bananas</td>
</tr>
<tr>
<td>Example: bean burrito</td>
<td>grilled red bell peppers</td>
</tr>
</tbody>
</table>
A ½ cup of sliced apples is a source of fiber.

Apple trees grow in the temperate regions of the world. Apple trees are best adapted to places where the average winter temperature is near freezing for at least two months, though many varieties can withstand winter temperatures as low as -40°F.

California apples are harvested throughout the year and many varieties are available year-round. Examples of California apple varieties are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan, and Pink Lady.


### Activity

Using the information you learned from the video, write a story, draw a picture, or use a graphic organizer to describe the apple’s journey from farm to store. Be sure to include how the apple grows, is harvested, and travels to the store. Use a separate piece of paper.
Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students’ ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit vimeo.com/album/1637740. This is a link to a list of over 50 JAMmin’ Minute videos. JAMmin’ Minute is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write when you will take three brain breaks, using hours and minutes, and include the video number.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Number:</td>
<td>Video Number:</td>
<td>Video Number:</td>
<td>Video Number:</td>
<td>Video Number:</td>
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<tr>
<td>Time:</td>
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<td>Video Number:</td>
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<td>Video Number:</td>
<td>Video Number:</td>
</tr>
<tr>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
<td>Time:</td>
</tr>
</tbody>
</table>
Salad greens grow on the ground.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 cup red leaf lettuce, shredded (28g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 4</td>
</tr>
<tr>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 7mg</td>
</tr>
<tr>
<td>Total Carbohydrate 1g</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td>Protein 0g</td>
</tr>
<tr>
<td>Vitamin A 42%</td>
</tr>
<tr>
<td>Calcium 1%</td>
</tr>
<tr>
<td>Vitamin C 2%</td>
</tr>
<tr>
<td>Iron 2%</td>
</tr>
<tr>
<td>Other nutrients: Vitamin K (49%)</td>
</tr>
</tbody>
</table>

- One cup of salad greens provides an excellent source of vitamin A.
- Lettuce was among the first vegetables brought to the New World by Christopher Columbus.
- Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.
- In the United States, lettuce is the second most popular vegetable (behind potatoes).


Activity
- Research what hydroponics is and how it can be better for the environment. Use the space below to write down key information.

- Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

Spinach Cranberry Salad
[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)
Start Smart with Breakfast

Eating breakfast helps you grow healthy and strong. A nutritious breakfast also fuels your body, giving you the energy needed to start a new day.

Breakfast is the most important meal of the day.

Breakfast helps you:
- Improve your grades
- Pay better attention in school
- Increase school attendance
- Improve classroom behavior

What makes a healthy breakfast?
You should have three or more food groups in your breakfast (grains, fruits, vegetables, dairy, or protein). It is also important to include a food from either the dairy group or the protein group in your breakfast.

Create three menus of a healthy breakfast. You can look at the list of foods on page 3 for ideas.
Let’s Rethink Your Drink! Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods provide.
- Added sugar, which adds calories, but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

Activity

- Visit [http://bit.ly/1DqrHJl](http://bit.ly/1DqrHJl) and, as a class or in groups, decide what this poster is trying to communicate and then discuss the following questions:

  - Which drink has the most teaspoons of sugar? __________
  - How many minutes of brisk walking will it take to burn off that drink? __________
  - Is it surprising to you how much sugar is in these drinks? __________
  - What about the amount of brisk walking needed to burn it off? __________
Nutrition Facts Scavenger Hunt: Take-home Activity

- Make a copy of this page. Bring this activity home to complete with your family.
- If possible, visit http://bit.ly/1DqrHJl with your family and share what you learned in class.
- Select one beverage from your refrigerator or pantry.
- Copy the information from the Nutrition Facts label into the sample label below.
- Answer the questions below.
- Bring your activity and the label back to class to discuss.

How many teaspoons of sugar are in your beverage? Let's take a look at it one step at a time:

Beverage name: _________________________

1) How many servings are in the container? __________

2) Calculate the total grams of sugar in this beverage.

   [grams (g) of sugar per serving x # of servings per container = total g of sugar]

   __________ x __________ = __________

3) Calculate the total teaspoons of sugar in this beverage.

   4 grams of sugar = 1 teaspoon of sugar

   [total g of sugar divided by 4 = total teaspoons of sugar]

   __________ divided by 4 = __________

---

Topics for class or group discussion:

Are you surprised by how much sugar is in the beverage you chose? Why or why not?

How did your family react to the amount of sugar in the beverage?

If you drink sugary beverages, what changes can you make to drink more water?

---

17

Lights! Camera! Action!

Remember when we talked about drinking water instead of sugary drinks last month? Work in groups of three to create a solution to the following situation:

Three friends are walking to the park to meet the soccer team for practice. They walk past the corner store to get something to drink before practice, knowing that they will need to stay hydrated. One friend reaches for a soda. One friend reaches for a sports drink saying, “I’ll need this today!” The third friend is left with a decision. What drink should they buy?

After reading the information on the next page, discuss what drink would be the best choice. Next, assign each group member a part in this situation: a friend who reaches for a soda, a friend who reaches for a sports drink, and the friend who hasn’t decided yet. Then, pretend you are in the store and act out this situation.

What drink would be the best choice? ________________________________

Using evidence from last month’s Rethink Your Drink message and the information on the next page, explain why it is important to drink water. Write your explanation in the space provided on the next page.

Water is the Way to Go

■ Your body needs water to survive!
■ It is important to drink water before, during, and after a practice, game, or just working out or playing hard.
■ Sports drinks are not necessary for active children.
■ Don’t forget a water bottle. You can’t play your best when you’re thirsty!
■ When your body doesn’t have enough water, you can become dehydrated.
■ Dehydration can keep you from being as fast and as sharp as you’d like to be. Dehydration may make you sick.
■ Explain why it is important to drink water, especially when you are playing sports or being physically active.

_____________________________________________________________________
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Adapted from: kidshealth.org
W.3.2; L.3.1, L.3.2, L.3.3; Physical Education: Fitness Concepts 4.5; Health Standard: Personal and Community Health: Essential Concepts 1.3.P
A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.

The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.

The inside of a cucumber can be up to 20 degrees cooler than the exterior.

Watch this video to learn what grows in California and how it affects you! [www.learnaboutag.com](http://bit.ly/1Tm0OtI) - It’s All About You!

---

### Cool Cucumber Cuties

[http://bit.ly/1Tm0OtI](http://bit.ly/1Tm0OtI)

### Finding Opportunities

An **opportunity** is a chance for something good to happen. Many times reaching our own goals can be because of opportunities or good situations around us. Opportunities for living a healthy life can be found in our homes, our schools, and our neighborhoods. Some opportunities are easy to see, while others might take a little longer to find.
Healthier, Please!

Let’s talk more about barriers and opportunities that affect how people eat and how people are active. This activity can be done individually, in groups, or as a class. Use a separate piece of paper to record your ideas if needed.

Barriers to Healthy Food

Do you eat enough fruits and vegetables? The recommended amount for your age can be found on page 4. If you feel like you don’t always eat enough fruits and vegetables, write down what you think are barriers to eating healthy food. Here are some thoughts to consider and brainstorm:

- Do you have fruits and vegetables available at home?
- Could you ask for more fruits and vegetables at home?
- How easy is it to get fruits and vegetables? Is there a farmers’ market or supermarket close to your home?
- Are there fast food restaurants or convenience stores in your community? Do they have healthy options?
- Do you know where to buy fruits and vegetables?

Opportunities for Healthy Food

After you had time to think about the barriers you may face when you want to eat more fruits and vegetables, take a few minutes to think about the opportunities you have as well. What opportunities do you see in your home, school, or community that allow you to eat healthfully? You can use the thoughts above to help guide you.

Barriers to Physical Activity

Are you physically active for at least 60 minutes everyday? If not, what do you think are barriers to being physically active in your home, school or community? Here are some thoughts to consider and brainstorm:

- Do you have parks or places to play in your community? Are they safe?
- What do you like to do when you get home? Is it easy to be physically active at home?
- Does anyone else in your family like to be physically active? Do you play sports at school?

Opportunities for Physical Activity

Now think about opportunities for more physical activity. What opportunities are around you that can increase the amount of time you play or are active?
Lights! Camera! Action!

You have learned about barriers and opportunities to eating healthy and staying active. Let’s practice those skills! Form groups of 3-4 students and read the following scene:

You really want to spend some time being physically active when you get home from school. Your parents want you to work on your homework right after school. When you finish your homework, it will be dark outside. What could you say or do so you can get some physical activity after school?

Talk about this scene with your group. What keeps the person in the scene from getting more physical activity? As a group, decide what you would say and do. You can either write it down, or present your solution in front of the class by performing a short skit. Compare solutions with different groups.

Strawberries grow on the ground.

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.

Visit this website to learn about California strawberry farmers. Click on Meet the Growers: A Diverse Heritage.

http://bit.ly/1IpcEl4

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: ½ cup strawberries, sliced (83g)</td>
</tr>
<tr>
<td>Calories 27</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 1mg</td>
</tr>
<tr>
<td>Total Carbohydrate 6g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 4g</td>
</tr>
<tr>
<td>Protein 1g</td>
</tr>
<tr>
<td>Vitamin A 0%</td>
</tr>
<tr>
<td>Vitamin C 81%</td>
</tr>
</tbody>
</table>

Source: www.rixi.usda.gov/nifm/foodcomp/search/NDB No: 90316

May ■ Strawberries

Strawberry Shortcake

http://bit.ly/1Tm0OtI

Adapted from CDPH-Nutrition Education and Obesity Prevention Branch, Children’s Power Play! Campaign Curriculum
A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you and include an example of a fruit or vegetable that you would like to eat. Encourage your parents to include fruits and vegetables as part of your meals and snacks at home.

Dear ______________________,

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Date: ______________________

Love,

____________________________
A medium-sized peach provides a source of vitamin A and vitamin C.

Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruits include: cherries, plums, nectarines, and apricots.

In World War I, peach pits were used as filters in gas masks.


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**Lights! Camera! Action!**

You have learned about barriers and opportunities to eating healthy and staying active.

Let's practice those skills! Form groups of 3-4 students and read the following scenes:

1. It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?

2. You just got home from school and you really want a fruit or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?

Decide with your group which scene you would like to work on. What are the barriers? What are the opportunities? As a group, decide what you would say and do. You can either write it down or present your solution in front of the class by performing a short skit. Compare solutions with different groups.
As a child, you are always growing and your body is developing. In this workbook, you have learned about the different ways to keep your body healthy and strong. In paragraph form, write three different things you can do to help your body grow healthy and strong this summer.
be a fit kid
10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk
Go for a walk around your neighborhood or walk to your friend’s house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music
Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3 ride a bike
Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team
Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play
Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6 dive right in!
Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit
Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding
Grab your friends and go to a local park or indoor skating rink! It’s easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9 plant a garden
Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?
Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

Go to www.choosemyplate.gov for more information.
Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

**see**
- Green
- Red
- Orange
- Purple
- Yellow
- Brown
- Tan
- White
- Blue
- Light (+color)
- Dark (+color)
- Colorful
- Appealing
- Appetizing
- Shiny
- Small
- Medium
- Large
- Thick
- Thin
- Long
- Short
- Skinny
- Round
- Oval
- Twisted

**touch**
- Crunchy
- Crisp
- Soft
- Hard
- Juicy
- Light
- Heavy
- Sticky
- Smooth
- Wet
- Firm
- Bumpy
- Dry
- Mushy
- Tough
- Rough
- Chewy
- Cold
- Warm
- Hot
- Silky
- Furry

**taste**
- Sweet
- Sour
- Bitter
- Delicious
- Fresh
- Tangy
- Tart
- Tasteless
- Tasty
- Plain
- Mouth-watering
- Yummy
- Good
- Bad
- Refreshing

**hear**
- Crunchy
- Crisp
- Juicy
- Squeaky
- Noisy

**smell**
- Sweet
- Sour
- Bitter
Glossary of Nutrients

**Calcium**  This mineral helps build strong bones and healthy teeth.

**Carbohydrate**  Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**Fat**  Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

**Fiber**  Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**Iron**  This mineral helps red blood cells carry oxygen to all the parts of your body.

**Magnesium**  This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

**Phytochemicals**  Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**Potassium**  This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

**Protein**  Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**Riboflavin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

**Thiamin**  This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

**Vitamin A**  This vitamin helps your body maintain healthy eyes and skin.

**Vitamin C**  This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**Vitamin E**  This vitamin helps maintain healthy cells throughout your body.

**Vitamin K**  This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

**Water**  Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

**Zinc**  This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org
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