



Lesson Title: That Fruit is Mine

Time: 35-40 minutes (Allow 10 -15 additional minutes for prep, and clean-up)

Grade Band: K-1st

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Expose students to a variety of fruits through listening to the book *That Fruit is Mine* by Anuska Allepuz. Give students the opportunity to work with a group to follow a recipe in order to create and eat a healthy fruit salad with yogurt dressing.

Content Standards:

K.RL. 1.RL.10 By the end of the year read and comprehend a variety of literary text. Pre-K -Grade 2 1.2.1 Describe healthy behaviors that affect personal health. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. K.RI.10 1.RI.10 By the end of the year read and comprehend a variety of informational text. K-LS1-1 Describe patterns of what plants and animals (including humans) need to survive. KCC.6 Identify whether the number of objects in one group is greater than, less than, or equal to the number of objects in another group. Include groups with up to ten objects. 1MD.4 . Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another

Materials: Hard copy or online version of the book [That Fruit is Mine](#) by Anuska Allepuz, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Juicy Pear Coloring Sheet](#), [Pears Images](#), [Fruit Salad with Greek Yogurt Dressing](#), (recipe may need to be doubled or tripled, depending on class size), (1 copy per group), pears, apples, grapes, pecans, vanilla Greek yogurt, cinnamon, nutmeg, raisins (optional), plastic plate for each group, plastic knives, cutting boards, large mixing bowl and mixing spoon, medium sized mixing bowl, plastic bowls and forks for each student, chart paper or board, sticky notes, coloring utensils

Online Resources: [That Fruit is Mine](#) by Anuska Allepuz

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have all the fruit that you will be using washed and ready to go (for each group) on plates, with plastic knives and cutting boards. Have forks and small bowls ready for serving the salad. Have a large bowl, whisk, mixing spoon, yogurt, spices, pecans and raisins ready to go at the teacher's station. Make a chart (on the board or chart paper) listing the fruits being used in the salad recipe. Students will vote on their favorite fruit at the end of the lesson.

1. Ask students what they know about fruits and generate a list of fruits they know on the board. Share the [Pears Images](#) with the students and ask if any of them have tried pears before.
2. Share the story, [That Fruit is Mine](#) by Anuska Allepuz with the students. After the story, discuss the difference between the elephants and the mice and why it's important to work together when trying to achieve a goal.
3. Display the [My Plate Poster](#) and see if students know which section pears belong in.
4. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Explain to the students that they will be following a recipe to create their own fruit salad.
6. Pass out copies of the [Fruit Salad with Greek Yogurt Dressing](#) to each group (or project on the screen) and read the recipe together. Demonstrate how to cut each fruit, then pass out pears, apples, and

grapes, cutting boards, and plastic knives to each group. Encourage students to work together to cut the fruits.

7. When each group is finished, have students dump their chopped fruits into the large bowl at the teacher's station.
8. Have students clean up their table when finished, then students may work on the [Juicy Pear Coloring Sheet](#).
9. Call on volunteers to assist with measuring and mixing the dressing. Then add to the large bowl of chopped fruit.
10. While students are working on the [Juicy Pear Coloring Sheet](#), call up one group of students at time to come to the teacher's station and get a serving of fruit salad. Top with pecans and raisins (if desired).
11. Students may enjoy their salads and then assist with clean-up.

Closing: Have students write their names on a sticky note and place the sticky note under their favorite fruit from today's recipe. Discuss the chart, focusing on more and less and have students point out patterns they notice.

Enrichment:

-  What's the Difference Between Fruits and Vegetables?  Where Does Yogurt Come From?