

# Fruit Fun

**Description:** Participants will create a fruity snack while learning about healthy eating.

**Purpose:** To remind everyone of what a healthy plate looks like.

**Time:** 10-15 minutes

**Age/Grade level:** Kindergarten and up

**Suggestions:** Younger children will enjoy coloring the plate. Have older youth list/draw an example of what a healthy meal would look like.

**Materials:** Fruit cabob skewers, variety of cut fruit, crayons, copies of the coloring page

**Expand on this:** The website <https://www.fns.usda.gov/tn/myplate> has a lot of fun activities, coloring pages, and information about healthy eating. The website [www.choosemyplate.gov](http://www.choosemyplate.gov) is also an excellent resource.

## What to Do:

1. Tell officers, special emphasis team members, or everyone who is interested to bring cut up fruit to the meeting. You may want to assign who is bringing what (grapes, strawberries, watermelon, pineapple, cantaloupe, etc.).
2. Give each person a fruit skewer and have them go down the line and make themselves a fruit cabob snack.
3. Pass out the My Plate coloring page and tell everyone that this is the current recommended meal guidelines (replacing the old food pyramid). It was developed under the United States Department of Agriculture's Team Nutrition Initiative. **Half of your plate should be fruit and vegetables at every meal!** Check out the ChooseMyPlate.gov website for more information.

## Reflection Questions:

1. What is your favorite fruit?
2. Is your plate usually half fruits and vegetables?
3. How could you increase the amount of fruit and vegetables you eat?

**Compiled by:** Amy Mangan-Fischer, Washington County 4-H Youth Development Educator

**Sources:** [www.choosemyplate.gov](http://www.choosemyplate.gov) and <https://www.fns.usda.gov/tn/myplate>