



# Oliver's team talk

A Monthly Publication for Education Professionals & Families from The Oliver Foundation Vol. 4, Issue 4, April 2008

## Teach! TEACHERS CORNER

### April is Texas Fruit & Vegetable Month!

To celebrate Texas Fruit & Vegetable Month, the Texas Department of Agriculture's Square Meals education and outreach program has created a contest for children in grades K – 2. Each child will receive a calendar at the beginning of April. The students will be allowed to put "Crunch n' Munch" stickers on this calendar for each day they eat a fruit or vegetable for breakfast or lunch. The students must also color the pictures on the back of the calendar.

Five schools in Texas with the highest percentage of students participating will win fruit and vegetable parties to kick of the 2008-2009 school year. Also, there will be 15 students receiving prizes for creativity and consumption of the most fruits and vegetables.

Want more information? Visit [www.squaremeals.org](http://www.squaremeals.org)

## Excite! READY, SET, GO!

To get your students ready for the Fruit & Vegetable Month contest, let's get them thinking about different fruits and vegetables.

- Have your students name a fruit or vegetable for each letter of the alphabet.
- Make a fruit and vegetable collage.
- Play Fruit & Vegetable Bingo.
- Have the students write a short essay about their favorite fruit or vegetable and why they like it. Share these with the class so students hear what other students like. This may encourage them to try new fruits or vegetables.
- Sing the Fruit & Vegetable Song, available at <http://www.lessonplanspage.com/PEMusicFruitVegetableSongOnly3.htm>

## Activate! MAKE YOUR MOVE

**Fruit & Veggie Tag:** This is just like regular tag, but the child has the option of going to a "safe" zone by squatting and saying the name of a fruit or vegetable. The person who is "it" must then find someone else to tag. Each student can only use each fruit and vegetable one time.

**Rainbow Relay:** Divide the group up into teams. Each team has 10 fruits or vegetables that they have to stick to the right color of a rainbow poster that is posted across the room. One at a time, a child takes a fruit or veggie and has to hop, skip, or crab walk across the room to the rainbow to post their fruit or veggie. Then they must run back and tag the next team member so that they can start. Whatever team gets all their fruits and vegetables posted first wins the relay.

## Motivate! SPREAD THE WORD

It's easy to incorporate more fruits and vegetables into the diet. All you need is a little creativity! Here are some ideas:

- Top sandwiches and wraps with lettuce, tomatoes, sprouts or bell peppers.
- Add veggies to your spaghetti sauce.
- Get your kids involved—let them pick a new fruit or vegetable to try each week.
- Top your pizza with veggies such as broccoli, peppers and zucchini.

For more suggestions, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Make **HEALTHY CHOICES** for Life!<sup>SM</sup>

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