

# Families are Munching - Presenter Script JK-6

## JK/SK Families are Munching Classroom Presentation

- Today we will be talking about eating more vegetables and fruit. Eating 5 or more servings of vegetables and fruits every day gives you energy and nutrients to play, grow and feel good!
- What is your favourite fruit or vegetable?
- How come you like it? (it's juicy, crunchy, tastes good, yummy etc.)

(You can hand around the vegetable friends as you discuss them, if available. If not just discuss the veggie or fruit)

- I'd like you to meet Charles Broccoli. How many of you like to eat broccoli with dip or melted cheese on top? Broccoli looks like a little tree and is full of a vitamin that helps you to see in the dark.
- This is Spuds Potato. You can eat potatoes all kinds of different ways - what kind of potatoes do you like to eat? i.e. mashed, french fried, potato pancakes etc. Eating potatoes gives you a vitamin that can prevent you from getting sick/catching a cold. They give you lots of energy too!
- This is Ripe Tomato. Who likes pizza or spaghetti with tomato sauce? What about tomatoes in a salad or tomato soup?
- Here's Corny on the Cob. She's fun to eat right off the cob. When you eat your corn on the cob do you like to eat around the cob or one row at a time all the way across? Frozen or corn from a can is good too.
- This is Crunch Celery and he makes a great "crunch" sound when you bite into him. Who likes to eat celery?
- Fruits are good to eat too and they are juicy and sweet. Apples have been called "nature's toothbrush" because of the way that they clean your teeth. Raisins, dates, figs and prunes are packed with iron that's good for your blood and bananas fill you up.

- This week we would like you to try to eat more vegetables and fruit as part of the Families are Munching program. You will get a sheet to take home and an adult can help you to write down all the vegetables and fruit you eat each day for a whole week. We would like you (and your family) to try to eat at least 5 servings of vegetables and fruits every day. A serving size looks like this (show food models).
- Everyone who hands in their sheet will have a chance to win a prize\*. Today we have something for you that you can bring home with your Families are Munching Sheet. (only if your school is handing out give-a-ways to each student)
- Have fun munching on your vegetables and fruits all week!

Give Families are Munching tracking form to the students with a giveaway if available (see program information).

#### **Resources**

- Serving size examples of vegetables and fruit
- Vegetable Friends if available- Spuds Potato, Charles Broccoli, Corny on the Cob, Ripe Tomato, Moy Mushroom & Crunchy Celery.
- Families Are Munching tracking forms
- Families are Munching giveaways (if available)

\*See ideas listed on Program Information sheet

## Grade 1 - 2 Families are Munching Classroom Presentation

- Today we will be talking about eating more vegetables and fruit. Does anyone know how many servings of vegetables and fruit Eating Well with Canada's Food Guide recommends we eat each day? Eating 5 servings of vegetables and fruits every day gives you energy and nutrients to play, grow and feel good!
- What is your favourite fruit or vegetable?
- How come you like it? (it's juicy, crunchy, tastes good, yummy etc.)

Today is the start of the "Families are Munching" program for (*insert who else will be involved eg. whole school, primary, grade specific etc*). "Families are Munching" is a fun way for you and your families to eat more vegetables and fruits. We would like you to write down all the vegetables and fruits you eat each day for a whole week. List vegetables and fruits (including juices) that you ate at breakfast, lunch, dinner and at snack time. Everyone who hands in their filled out Families are Munching Sheet next week will have their name entered into a draw to win a prize. Today, there is something for each one of you to take home (if available - see Program Information sheet for ideas).

- 5 servings of fruits and vegetables sounds like a lot to eat every day until you know how exactly what a serving size is. For example (pass around the class) this bag of raisins (about 1 handful or  $\frac{1}{4}$  cup) is one serving. This small can of fruit is also one serving while this juice box is two servings ( $\frac{1}{2}$  cup of juice is one serving). You can see that a medium sized apple or carrot is one serving or a half a cup of cooked vegetables like broccoli. A large baked potato would be two servings.
- Let's go through a typical day as a group and write down the number of vegetables and fruits we would eat. (Write this on the board or on a easel):

What could you have for breakfast that would count as a serving?

Examples:

1. A sliced banana on cereal
2. With a glass of juice (1/2 cup)

What could you have for a morning snack that would count as a serving of veggies or fruits?

Example:

3. Snack - a small box of raisins or an apple.

What about lunch?

Examples:

4. Carrot and celery sticks with dip
5. Canned peaches and pears

What about at supper?

Examples:

6.  $\frac{1}{2}$  cup of tomato sauce on spaghetti
7. 1 cup of salad with supper or  $\frac{1}{2}$  cup fruit salad for dessert

- Hand out the Tracking Form and giveaway (if available).
- Ask if there are any questions.
- Have fun munching on veggies and fruits this week and remember to aim for 5 a day!

### **Resources**

- Serving size examples small: tin of fruit,  $\frac{1}{4}$  c dried fruit (raisins) in a zip lock bag, juice box (2 servings)
- Families Are Munching tracking forms
- Families are Munching giveaways (if available)

### Grade 3 - 4 Families are Munching Classroom Presentation

- Today we will be talking about eating more vegetables and fruit. Does anyone know how many servings of vegetables and fruit Eating Well with Canada's Food Guide recommends we eat each day? (5-6). Eating 5 - 6 servings of vegetables and fruits every day gives you energy and nutrients to play, grow and feel good!
- What is your favourite fruit or vegetable?
- How come you like it? (it's juicy, crunchy, tastes good, yummy etc.)
- Why do you think it is important to eat at least 5 servings of vegetables and fruits each day? (They contain vitamins, minerals and fibre that are important to good health. For example:
  - **The fibre in vegetables and fruits helps to lower blood cholesterol which is good for your heart.**
  - **Studies show that eating a lot of vegetables and fruit is linked to the prevention of certain types of cancer.**
  - **The iron in raisins, dates, figs and prunes is important for your blood.**
  - **The vitamin A in orange (carrots), yellow and dark green (broccoli) vegetable helps you to see in the dark, keeps your skin healthy and helps to fight infection.**
  - **The vitamin C in berries, oranges, tomatoes and potatoes keeps your teeth and gums healthy.)**

Today is the start of the "Families are Munching" program (*insert who else will be involved eg. whole school, primary, grade specific etc*). 'Families are Munching' is a fun way for you and your families to eat more vegetables and fruits. We would like you to write down all the vegetables and fruit that you eat each day for a whole week. List vegetables and fruits (including juices) that you ate at breakfast, lunch, dinner and at snack time. Everyone who hands in their filled out Families are Munching Sheet will have their name entered into a draw to win a prize. Today, there is something for each one of you to take home (if available - see Program Information sheet for ideas).

- 5 - 6 servings of fruits and vegetables may sound like a lot to eat every day until you know what a serving size is. For example (pass around the class) this bag of raisins (about 1 handful or  $\frac{1}{4}$  cup) is one serving. This small can of fruit is also one serving while this juice box is two servings

(1/2 cup of juice is one serving). Looking at this food model you can see that a medium sized apple or carrot is one serving or a half a cup of cooked vegetables like broccoli. A large baked potato would be two servings.

- Let's go through a typical day as a group and write down the number of vegetables and fruits we would eat. (Write this on the board or on an easel):

What could you have for breakfast that would count as a serving?

Examples:

1. A sliced banana on cereal
2. With a glass of juice (1/2 cup)

What could you have for a morning snack that would count as a serving of veggies or fruits?

Example:

3. Snack - a small box of raisins or an apple.

What about lunch?

Examples:

4. Carrot and celery sticks with dip
5. Canned peaches and pears

What about at supper?

Examples:

6.  $\frac{1}{2}$  cup of tomato sauce on spaghetti
7. 1 cup of salad with supper or  $\frac{1}{2}$  cup fruit salad for dessert

- Ask if there are any questions.
- Have fun munching on veggies and fruits this week and remember to aim for 5 a day!

### Resources

- Serving size examples small: tin of fruit,  $\frac{1}{4}$  c dried fruit (raisins) in a zip lock bag, juice box (2 servings)
- Families Are Munching tracking forms
- Families are Munching giveaways (if available)

## Grade 5 - 6 Families are Munching Classroom Presentation

- Today we will be talking about eating more vegetables and fruit. Does anyone know how many servings of vegetables and fruit Eating Well with Canada's Food Guide recommends we eat each day? (5-6) Eating 5 - 6 servings of vegetables and fruits every day gives you energy and nutrients to play, grow and feel good!
- What is your favourite fruit or vegetable?
- How come you like it? (it's juicy, crunchy, tastes good, yummy etc.)
- Why do you think it is important to eat 5 servings of vegetables and fruits each day? (They contain vitamins, minerals and fibre that are important to good health. For example:
  - **The fibre in vegetables and fruits helps to lower blood cholesterol which is good for your heart.**
  - **Studies show that eating a lot of vegetables and fruit is linked to the prevention of certain types of cancer.**
  - **The iron in raisins, dates, figs and prunes is important for your blood.**
  - **The vitamin A in orange (carrots), yellow and dark green (broccoli) vegetable helps you to see in the dark, keeps your skin healthy and helps to fight infection.**
  - **The vitamin C in berries, oranges, tomatoes and potatoes keeps your teeth and gums healthy)**
- Today is the start of the "Families are Munching" program for (*insert who else will be involved eg. whole school, primary, grade specific etc*). 'Families are Munching' is a fun way for you and your families to eat more vegetables and fruits. We would like you to write down all the vegetables and fruit that you eat each day for a whole week. List vegetables and fruits (including juices) that you ate at breakfast, lunch, dinner and at snack time. Everyone who hands in their filled out Families are Munching Sheet next week will have their name entered into a draw to win a prize. Today, there is something for everyone to take home (see Program Information sheet for ideas).
- 5 - 6 servings of fruits and vegetables may sound like a lot to eat every day until you know what a serving size is. For example (pass around the class) this bag of raisins (about 1 handful or  $\frac{1}{4}$  cup) is one serving. This

small can of fruit is also one serving while this juice box is two servings (1/2 cup of juice is one serving). Looking at the food models you can see that a medium sized apple or carrot is one serving or a half a cup of cooked vegetables like broccoli. A large baked potato would be two servings.

- Let's go through a typical day as a group and write down the number of vegetables and fruits we would eat. (Write this on the board or on an easel):

What could you have for breakfast that would count as a serving?

Examples:

1. A sliced banana on cereal
2. With a glass of juice (1/2 cup)

What could you have for a morning snack that would count as a serving of veggies or fruits?

Example:

3. Snack - a small box of raisins or an apple.

What about lunch?

Examples:

4. Carrot and celery sticks with dip
5. Canned peaches and pears

What about at supper?

Examples:

6.  $\frac{1}{2}$  cup of tomato sauce on spaghetti
7. 1 cup of salad with supper or  $\frac{1}{2}$  cup fruit salad for dessert

- Hand out the Tracking Form and giveaway (if available).
- Ask if there are any questions.
- Have fun munching on veggies and fruits this week and remember to aim for 5 a day!

### Resources

- Serving size examples small: tin of fruit,  $\frac{1}{4}$  c dried fruit (raisins) in a zip lock bag, juice box (2 servings)
- Families Are Munching tracking forms
- Families are Munching giveaways (if available)

Updated: July 3, 2007