

A School-Based Curriculum

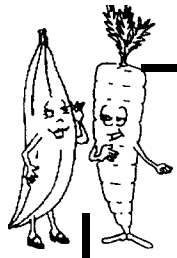
To Help

Fifth Grade Students

Eat More Fruits and Vegetables



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Gimme 5 Project
U.T. - M.D. Anderson Cancer Center
1991, revised 1994, 1995



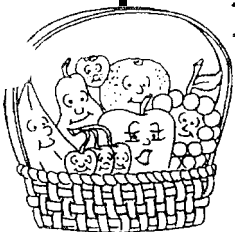
Teacher Overview

Welcome to the 5th grade Gimme 5 program! The theme for the fifth grade is "The Fun of Eating Fruits & Veggies (F&V)". Each week, students focus on various F&V activities as a part of the curriculum.

Through a series of hands-on activities, students will learn and discuss ways to increase their consumption of fruits & vegetables. They will set goals to eat more fruits & vegetables for breakfast, lunch, snack and dinner. Students will practice asking for more fruits & vegetables at home and learn a problem solving rap to help them reach their goals. One session each week will include the preparation and/or tasting of fruit & vegetable snacks. These will be provided by your food service staff. Students will also develop their own personal plan to increase the number of fruits & vegetables they eat every day, gradually building toward the goal of eating at least five servings of different fruits & vegetables every day. The 5th grade program culminates in a classroom Gimme 5 Awards Ceremony in which students receive a certificate for completing the program.

Because parents play a vital role in providing the foods that children eat, parents will receive an issue of the Gimme 5 Daily each week and a series of three videotapes. The newsletter informs parents about the Gimme 5 classroom activities and provides tips and recipes to increase fruits & vegetables in meals and snacks at home. The videotapes demonstrate ways to add fruits & veggies to meals and highlights the *GIMME 5* curriculum activities.

Many teachers and students have told us how much they have enjoyed the Gimme 5 program! We know that you and your students will enjoy it, too!





Fifth Grade, Week One: "GIMME 5 - That's What We Say!"

BEHAVIORAL OBJECTIVES

Students will be able to:

1. State at least two positive reasons why they and other people like eating fruits and vegetables.
2. State at least four reasons why eating fruits and vegetables are important for their health.
3. Explain that health specialists recommend that children and adults eat at least two servings of fruits and three servings of vegetables for a total of at least five servings of different fruits and vegetables every day.
4. Take home their ***GIMME 5 Daily, Number 1*** family newsletter with the **Family Fun Activities #1**.



SESSION OUTLINE

Suggested Time	Activities	Visual Aids	Student Materials
35	1. Introduction to <i>GIMME 5</i> F&V	Overhead Projector or Chalkboard Transparency #1	
10	2. Newsletter/Family Fun Activities & Summary	<i>GIMME 5</i> F&V Team Chart	<i>GIMME 5 Daily</i> #1 <i>GIMME 5</i> magnet

45
Minutes