



Fifth Grade Curriculum

Activity 1: Review of HIGH 5 (If appropriate)

- A. Introduce this new fifth grade program by writing “**HIGH 5**” on the chalkboard or overhead projector.
- B. Review the HIGH 5 fourth grade program by briefly discussing these questions.

ASK:

- Do you remember the HIGH 5 program that you did last year in fourth grade?
- What was that program about?
(The importance and fun of eating five fruits and vegetables every day.)
- What are some of the things you remember about your HIGH 5 classes last year?
(Answers may include: HIGH 5 Flyers comic characters; team activities of letter writing, role playing, advertising favorite fruits and vegetables, etc.; competition to eat fruits and vegetables at lunch; weekly bean bag toss; snack preparations and taste-testing; prizes.)

Activity 2: Program Introduction

ASK:

- How many of you eat five servings of fruits and vegetables every day?
- Why is important to eat fruits and vegetables every day?

- A. Summarize by stressing that everyone should try to eat at least five fruits and vegetables every day.

EMPHASIZE:

- Fruits and vegetables contain vitamins, minerals, carbohydrates, and fiber.
- Eating fruits and vegetables gives you energy to do the things you like to do, helps your body grow strong and healthy, helps heal injuries and prevent infections, and may even prevent you from getting serious diseases such as some types of cancer.
- Since most of you are still not eating five servings of fruits and vegetables every day, you need to continue to work together to figure out ways that you can eat more fruits and vegetables. Or, if you already eat five servings of fruits and vegetables every day, you need to continue this great habit and maybe eat even more fruits and vegetables.

Remind students:

Eating five fruits and vegetables is actually the minimum of what is recommended. The National Cancer Institute recommends that we eat 5-9 servings of fruits and vegetables (combined) every day.

- B. Announce that they are about to begin a new program about eating five servings of fruits and vegetables every day called **5 FOR 5**, and state that it will be similar to HIGH 5 in some ways and different in other ways since they are now fifth graders!

Activity 3: 5 FOR 5 Adventure

- A. Explain that they will begin the 5 FOR 5 program today by listening to a cassette tape of a special adventure story. If you do not have the cassette tapes or decide not to use them, read the story aloud as students follow along, or ask students to read the different parts out loud.

1. Distribute one **INTRODUCTION** script to each student.
2. Instruct students to use this story to follow along as the adventure is being read aloud to them on the cassette.
3. Play **INTRODUCTION TAPE** as the students follow along with their scripts.

- B. After playing the cassette, briefly discuss the story using these questions.

ASK:

- Why do you think athletes need to eat fruits and vegetables?
- What do you think happened to the missing fruits and vegetables?
- Why do you think this new program is called **5 FOR 5**?

- C. **Optional:** Distribute a **FOLDER** to each student, and tell them to place their 5 FOR 5 Introduction in this folder.

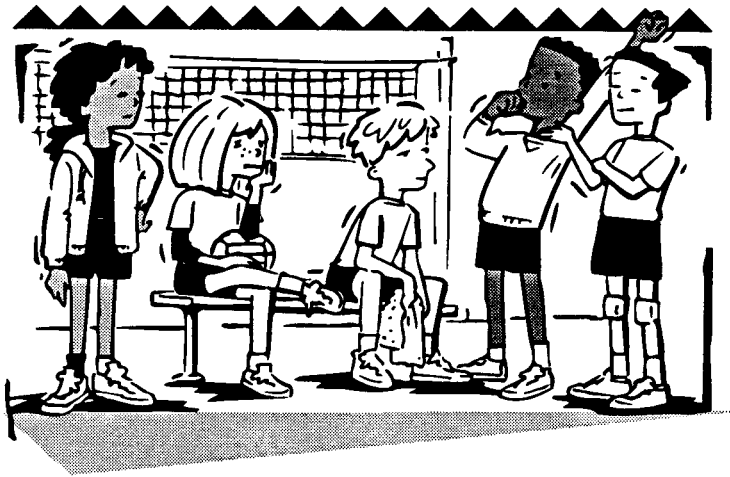
1. Instruct them to write their name, teacher's name, and, once it's assigned, the name of the country their group represents on the front of their folder.

INTRODUCTION

"Oh, no," Gina groaned as she walked into the gym, "I put on two different colored socks — my eyes weren't meant to be up this early."

"My brain wasn't meant to be up this early," sighed Katie.

"The world wasn't meant to be up this early," added Ben.



"I think you're right, Ben. I mean if the world was meant to be up this early then the sun would have risen earlier — doesn't that make sense?" Tim said, trying to come up with a good reason for the coach to cancel these early morning practices.

"I'd like to see you try that one on Miss Cornelia," Robbie said. "She'd probably go into her lecture about when she was on the Olympic team they practiced every morning before the sun rose and 'you know the sun would never set on an empty Olympic volleyball net'."

They all laughed as Robbie did his imitation of Miss Cornelia.



"Ahem," Miss Cornelia said, standing in the doorway. "If you do not find my experiences on the U. S. Olympic volleyball team beneficial to your training to be state volleyball champions this year then perhaps we are not having our practices early enough in the morning." The group winced. "Tomorrow morning you will all report here at 5:30 a.m. Now by gosh and by golly, let's begin our morning volley."