Objective: This lesson helps teach the importance of eating fruits and vegetables and why.

Materials/Time required:

½ sized baggies
paper plates(face)
napkins
kiwi-cut into slices for eyes
pineapple chunks(hair or mustache)
strawberries-halved(nose)
oranges-sliced into wedges(smile)
(There should be at least 2 kiwi slices, four pineapple chunks, one strawberry half, and one orange wedge per student)

Background Information:

Before this activity was done the class was taught about the food pyramid and the importance of eating healthy. This was an activity done to review and remind the children of the importance of eating the correct things. Before the actual activity started the children listened to a book about fruits and vegetables and then talked about what their favorites were. Each child was then given a paper plate and a napkin(because it can get messy). Then the pieces of the fruit face were passed out. It was easiest to pass the pieces one at a time like start with the eyes(kiwi slices) then pass out the nose(strawberry half) and then the mouth(orange wedge) and last the hair or mustache(the pineapple chunks). After making the face the kids were reminded of the important things our bodies need that are in fruits and vegetables and then they were allowed to eat the fruit.

Preparation:
The fruit needs to be sliced and placed into individual baggies to make it easier to pass out. It might also be a good idea to bring a whole piece of each of the fruits used. Some kids may have never seen a kiwi or pineapple. I would also use pineapple chunks that come in a can. This activity can get kind of messy when the kids get excited and start eating the juicy fruits, just keep lots of napkins handy!