

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Banana Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Banana Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Banana Slides** as needed and project on screen (optional).

Print 1 copy of the **Banana Handout** for each student (optional).

Prepare **bananas** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify banana as a member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in bananas.

Understand where/how bananas are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found bananas.

Plan healthy meals and snacks that incorporate bananas.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of banana to consume during the lesson.

#2 Teach: Use the first page of the Banana Handout to teach the students about bananas.

#3 Explore: Select one or more activities from the second page of the Banana Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other fleshy fruits?
Examples: oranges, lemons, strawberries, apples, peaches, plums, pears, etc.
- How are bananas scientifically classified?
Answer: Berries. Has soft outer layer of skin, fleshy inside, and soft enclosure for seeds.
- Why are bananas good for your health?
Examples: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting bananas at the store?
Example: Look for plump, full, and bright yellow or yellow with some brown spots.
- What is your favorite way to eat bananas?
Examples: fresh, with a dip, in a smoothie, with cereal,, etc.