

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Grape Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

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

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

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

Prepare the grapes to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify grapes as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in grapes.

Understand where/how grapes are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in grapes.

Plan healthy meals and snacks that incorporate grapes.

LESSON OUTLINE

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

#2 Teach: Use the first page of the Grape Handout to teach the students about grapes.

#3 Explore: Select one or more activities from the second page of the Grape 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 some examples of other fruits that grow on a vine?
Examples: melons, passionfruit, kiwi, dragonfruit, etc.
- Identify the differences between fresh grapes and dried grapes.
Example: less water content, more energy dense, texture differences, etc.
- What nutrients are found in grapes?
Examples: Vitamin K, riboflavin, copper, phytochemicals, etc.
- What should you look for when selecting grapes at the store?
Example: Look for plump grapes that are firmly attached to the green stem.
- What is your favorite way to eat grapes?
Examples: fresh, sliced, frozen, in a smoothie, in a salad, grape juice, etc.

