

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Grapefruit Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

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

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

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

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

OBJECTIVES

Pre-K - Grade 8

Identify grapefruit as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in grapefruit.
Understand where/how grapefruits are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in grapefruit.
Plan healthy meals and snacks that incorporate grapefruit.

LESSON OUTLINE

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

#2 Teach: Use the first page of the Grapefruit Handout to teach the students about grapefruit.

#3 Explore: Select one or more activities from the second page of the Grapefruit 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 citrus fruits?
Examples: lemon, lime, kumquat, pomelo, oranges, etc.
- Approximately what percentage of a grapefruit is juice?
Example: more than half, about 75%
- Why is eating grapefruit good for your health?
Examples: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting grapefruit at the store?
Examples: Look for large, firm, and bright yellow orange grapefruit.
- What is your favorite way to eat grapefruit?
Examples: fresh, on the side with breakfast, juiced, added to salads

