

# NUTRITION EDUCATION LESSON PLAN

## LESSON NAME

Peach Nutrition

## GRADE LEVEL

Pre-K - 8

## TIME

5-30 minutes

## CONTENT AREA

Health, Math, Science,  
English Language Arts

## MATERIALS & PREPARATION

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

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

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

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

## OBJECTIVES

### Pre-K - Grade 8

Identify peaches as a member of the fruit food group.

### Grade 3 - Grade 8

Describe the role of nutrients found in peaches.

Understand where/how peaches are grown.

### Grade 6 - Grade 8

Assess personal need for nutrients found in peaches.

Plan healthy meals and snacks that incorporate peaches.

## LESSON OUTLINE

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

**#2 Teach:** Use the first page of the Peaches Handout to teach the students about peaches.

**#3 Explore:** Select one or more activities from the second page of the Peaches 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 drupes or stone fruits?  
*Examples: plums, nectarines, cherries, apricots, mangoes, etc.*
- Describe the steps you would take to grow a peach tree at home.  
*Example: 1. Choose your location with plenty of sunlight; 2. Plant the seeds; 3. Water daily*
- Why is eating peaches good for your health?  
*Examples: provides essential vitamins and minerals, good source of fiber, etc.*
- What should you look for when selecting peaches at the store?  
*Example: Look for medium sized, semi-soft, ripe, colorful peaches.*
- What is your favorite way to eat peaches?  
*Examples: fresh, with yogurt, as a dessert, canned or jammed for later, etc.*