

# NUTRITION EDUCATION LESSON PLAN

## LESSON NAME

Pineapple Nutrition

## GRADE LEVEL

Pre-K - 8

## TIME

5-30 minutes

## CONTENT AREA

Health, Math, Science,  
English Language Arts

## MATERIALS & PREPARATION

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

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

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

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

## OBJECTIVES

### Pre-K - Grade 8

Identify pineapple as member of the fruit food group.

### Grade 3 - Grade 8

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

### Grade 6 - Grade 8

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

## LESSON OUTLINE

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

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

**#3 Explore:** Select one or more activities from the second page of the Pineapple 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 tropical fruits?  
*Examples: Banana, avocado, starfruit, coconut, passionfruit, papaya etc.*
- Describe the steps you would take to grow pineapple at home.  
*Example: 1. Save the leafy top; 2. Remove excess leaves 3. Place in soil; 4. Water*
- Why is eating pineapple good for your health?  
*Examples: Provides essential vitamins and minerals, good source of manganese, etc.*
- What should you look for when selecting pineapple at the store?  
*Example: Look for firm brown pineapple, with green leaves and fragrant sweet smell.*
- What is your favorite way to eat pineapple?  
*Examples: Fresh, frozen in a smoothie, grilled with teryaki chicken etc.*