

## Lesson Plan for Ag Day – Fruits and Vegetables

### Overview

Third grade students are invited to the park to learn more about farming. Our Ag Agent has a station where our Ag Agent and HMG volunteers talk about fruits and vegetables. Some props are available. There will be an instructor and several helpers. The lesson should take no more than about 20 minutes.

Anyone working on a project involving youth must have completed the forms required for Working with Youth. See VMS for the most current forms.

Review before lesson for talking points.

<https://pubs.ext.vt.edu/HNFE/HNFE-266/HNFE-266-pdf.pdf>

### Introduction

Students are requested to sit. Ask them where they are from, introduce the team, and briefly describe what an Extension Agent and Master Gardeners do.

### Lesson

1. Ask them about fruits and vegetables - what are some of their favorites
2. Ask them to notice the various colors of the fruits/vegetables (**rainbow poster**) - each have different vitamins and minerals and it's important to eat a wide variety of fruits and vegetables for good health
3. Tell them about the fruit and vegetable calculator (based on age and gender) and that at their age, a total of 6 -7 fruits/vegetables (each ½ cup) should be eaten daily for good health - **show them the handout** – and that fruit/vegetable availability depends on the season (corn vs. collards, turnips, or sweet potatoes)
4. Very briefly discuss the health benefits of fruits and vegetables:
  - Loaded with natural sources of vitamins A, C, K and minerals
  - Naturally sweet
  - Good source of fiber - helps your digestion
  - Good source of antioxidants - can help prevent cancer
  - Helps blood to clot
  - Lowers cholesterol- can help prevent heart disease
  - Lowers blood pressure - can help prevent heart disease
  - Lowers blood sugar - can help prevent diabetes
5. Discuss the different kinds of fruits and vegetables that are grown in Hanover County by having them identify the pictures, **plants and produce**
6. Let them know that there are simple gardening guides available (from seed stores or Master Gardeners) and that they can grow vegetables at school or in their backyards
7. Thank them and tell them to support local agriculture by buying locally from farmers markets, farm stands, and grocery stores that buy from Hanover farmers

### Props to be provided by Ag Agent

- **Handout**
- **Pictures**
- **Rainbow Poster**