



**FITNESS CURRICULUM
LESSON PLAN 7**



Lesson 7-Blind Vegetable Tasting

Primary Subject: Health

Objectives:

- Students will experience the taste of fruits and vegetables and have the opportunity to blind taste-test certain types of these “good for you” foods.

Materials:

- Vegetables (carrots, peppers, celery, and cucumbers. Buy according to the number of students in each class)
- Fruits (apples, oranges, grapes)
- Blindfolds

Introduction:

1. Anticipatory Set

- Explain to the students the difference between fruit (the sweet and fleshy product of a tree or plant that contains seed and can be eaten as food) and a vegetable (a plant that you can eat, usually green).
- Cut up the fruits and vegetables and put small amounts of each on plates that number half the children in the class.

Major Instructional Sequence:

- Have the children work in pairs. One student will be blindfolded while the other offers the fruit or vegetables for tasting to the blindfolded student. The blindfolded student will be asked to identify the food as fruit or vegetable upon tasting and name the food item. Have the children rely on their sense of taste and smell and encourage them to talk about what they like and dislike about the fruits and vegetables they are tasting.
- Have the pairs switch roles and repeat the taste test.

Concluding Sequence:

- Poll the class as to the favorite fruit and the favorite vegetable tasted.
- Explain to them how the samples they tasted are examples of unprocessed (natural) foods as discussed in the last lesson
- Review the difference between Natural and Processed Foods

NATURAL FOODS

- Come directly from an animal, tree or plant
- Not many ingredients
- No chemicals or additives:
- No nutrients have been lost to processing.

PROCESSED FOODS

- Labeled with a long list of ingredients
- Often pre-cooked, canned or frozen



- Contains additives and chemicals
 - Hard to tell what the food is made of and where it comes from
 - Frequently heavily advertised
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- Eating fruits and vegetables provides health benefits – people who eat more of each as part of an overall healthy diet are likely to have a reduced risk for certain diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.
 - Go on to explain how our bodies function more efficiently when we eat unprocessed foods. They are more nutrient rich.

Background: This lesson plan will discuss the importance of fruits and vegetables. Eating a diet rich in each has many benefits. Fruits and vegetables are low in calories and fat and are essential to maintaining a healthy body.

Vocabulary:

Processed food- Foods treated with chemicals that are not found in nature

Natural/ Unprocessed food- Foods found in nature

Nutrients- Substances that provide nourishment essential for growth and maintenance of life.

