



brighterbites®

Healthy Topic: Fruit

Choose a suggested activity below or create your own:

- **Describe** what it means to eat fruits that are “in season”.
- **Discuss** the benefits of eating whole fruits rather than just fruit juices.
- **Identify and discuss** the different parts of the body that each fruit or vegetable benefits; print an image of a human body for students to look over and match certain body parts with certain produce.
- **Name** each fruit and veggie in English and in Spanish.
- **Explore** the plants and trees each produce item comes from.
- **Study or talk** about how a specific type of fruit is grown and harvested.