

# How Much Is Healthy ?



## How many vegetables?

<u>Gender</u>	<u>AGE</u>	<u>Cups every day</u>
Males	19-50 years old	3 cups raw or cooked 6 cups salad
Females	19-50 years old	2½ cups raw or cooked 5 cups salad

## How much fruit?

<u>Gender</u>	<u>AGE</u>	<u>Cups every day</u>
Males	19 years and older	1 medium fruit, 2 cups canned or chopped, 1 cup juice, ½ cup dried
Females	19 years and older	1 medium fruit, 2 cups canned or chopped, 1 cup juice, ½ cup dried

Station 1

Station 2

Station 3

Station 4

## GUESS and CHECK

## DIRECTIONS:

1. Guess how much food/juice is in the bowl/cup.
2. Watch the food handler measure with the cup.
3. Write the number on the chart.
4. Is it enough, not enough or too much for the day?

FOOD	Guess how many cups?	Not Enough?	Enough?	Too much?
1. Juice				
2. Leafy vegetables				
3. Chopped, raw vegetables				
4. Chopped fruit				

INTERVIEW A PARTNER

Instructions: Ask your partner these questions.

1. What fruits did you eat yesterday?
2. About how many cups of fruit? \_\_\_\_\_
3. What vegetables did you eat yesterday?
4. About how many cups of vegetables? \_\_\_\_\_
5. Did you drink any juice yesterday?
6. About how many cups of juice? \_\_\_\_\_
7. Did you eat enough fruits and vegetables yesterday (at least 5 cups)?
8. Do you want to add more fruits and vegetables in the future?
9. If yes, how will you do that?

What fruits and vegetable did you eat?	About how much?
<u>Morning</u>	
<u>Break</u>	
<u>Noon</u>	
<u>Night</u>	

TOTAL: \_\_\_\_\_  
Is it enough?

## Survey

## Worksheet #4

**Directions:** Talk to 4 students in your class. Write their answers in the charts. Ask these questions in your interview:

1. What fruits did you eat yesterday? About how much did you eat?
2. What vegetables did you eat yesterday? About how much did you eat?
3. Did you drink any juice? About how much?
4. Do you want to add more fruits and vegetables in the future?

NAME: \_\_\_\_\_

What did you eat?	About how much?	Is it enough?
		Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough            YES    NO

NAME: \_\_\_\_\_

What did you eat ?	About how much?	Is it enough?
		Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough            YES    NO

NAME: \_\_\_\_\_

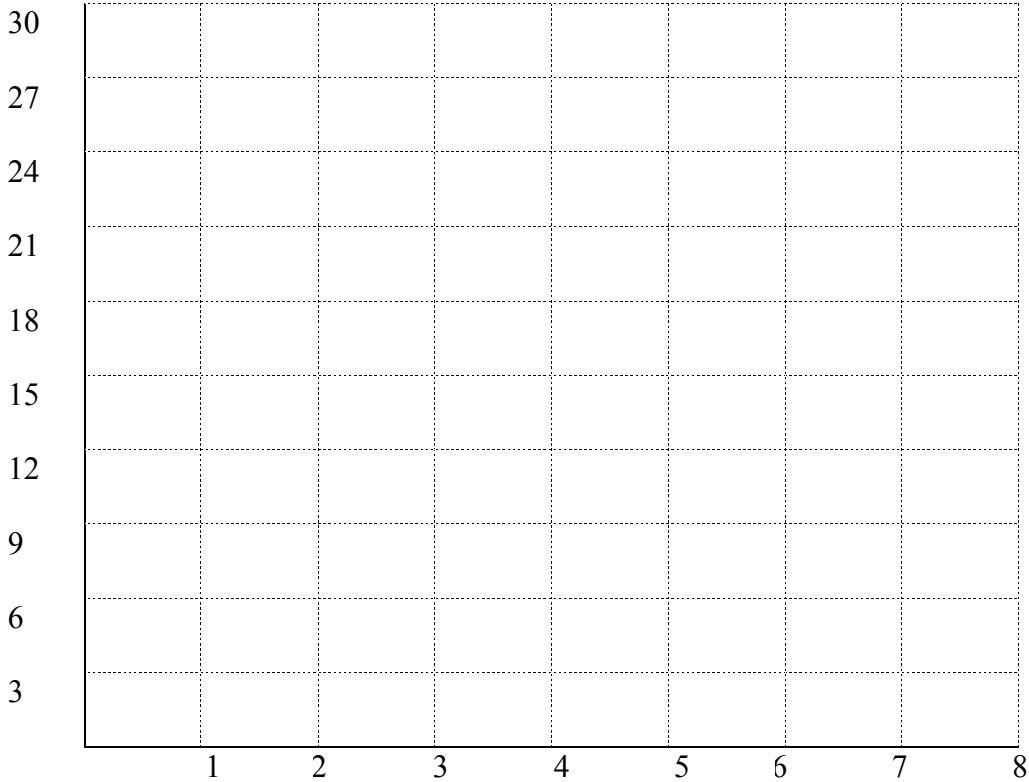
What did you eat?	About how much?	Is it enough?
		Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough            YES    NO

NAME: \_\_\_\_\_

What did you eat?	About how much?	Is it enough?
		Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough            YES    NO

Eat More Fruits & Vegetables Graph

No. of Students Who Ate



Days

## QUIZ

**Directions:** The chart is a survey of a group of students. How many cups of fruits and vegetables did these students eat? Write your answers under "Is it enough?" Then, talk with a partner to answer the questions at the bottom of the page.

NAME	FRUITS AND VEGETABLES	HOW MUCH FOOD?	Is it enough?
Juan Male Age: 52	Apple Bananas Beans	1 medium 1 small 2 cups	TOTAL _____ YES            NO
Carmen FEMALE Age: 21	Papaya Beans Salad Meat and Vegetables	1 cup 1 cup 1 cup $\frac{1}{2}$ cup vegetables	TOTAL _____ YES            NO
Sonja Female Age: 38	Tomato Beans Mango Lettuce	1 medium 1 cup 1 large 2 cups	TOTAL _____ YES            NO
Tran Male Age: 35	Bok choy Greens Orange Juice	$3\frac{1}{2}$ cup 1 cup 1 large $1\frac{1}{2}$ cup	TOTAL _____ YES            NO

- Which students ate enough fruits and vegetables? \_\_\_\_\_
- Does Juan or Tran need more vegetables? \_\_\_\_\_
- What are some reasons why people do not eat enough fruits and vegetables every day? \_\_\_\_\_
- What are some suggestions you have for adding fruits and vegetables to daily meals and snacks?

QUIZ

**Directions:** The chart is a survey of a group of students. How many cups of fruits and vegetables did these students eat? Write your answers under "Is it enough?" Then, talk with a partner to answer the questions at the bottom of the page.

NAME	FRUITS AND VEGETABLES	HOW MUCH FOOD?	Is it enough?
Juan Male Age: 52	Apple Bananas Beans	1 medium 1 small 2 cups	TOTAL _____  YES      NO
Carmen FEMALE Age: 21	Papaya Beans Salad Meat and Vegetables	1 cup 1 cup 1 cup $\frac{1}{2}$ cup vegetables	TOTAL _____  YES      NO
Sonja Female Age: 38	Tomato Beans Mango Lettuce	1 medium 1 cup 1 large 2 cups	TOTAL _____  YES      NO
Tran Male Age: 35	Bok choy Greens Orange Juice	$3\frac{1}{2}$ cup 1 cup 1 large $1\frac{1}{2}$ cup	TOTAL _____  YES      NO

- Which students ate enough fruits and vegetables?\_\_Sonja, Tran
- Does Juan or Tran need more vegetables?\_\_Juan\_\_\_\_\_
- What are some reasons why people do not eat enough fruits and vegetables every day?
- What are some suggestions you have for adding fruits and vegetables to daily meals and snacks?

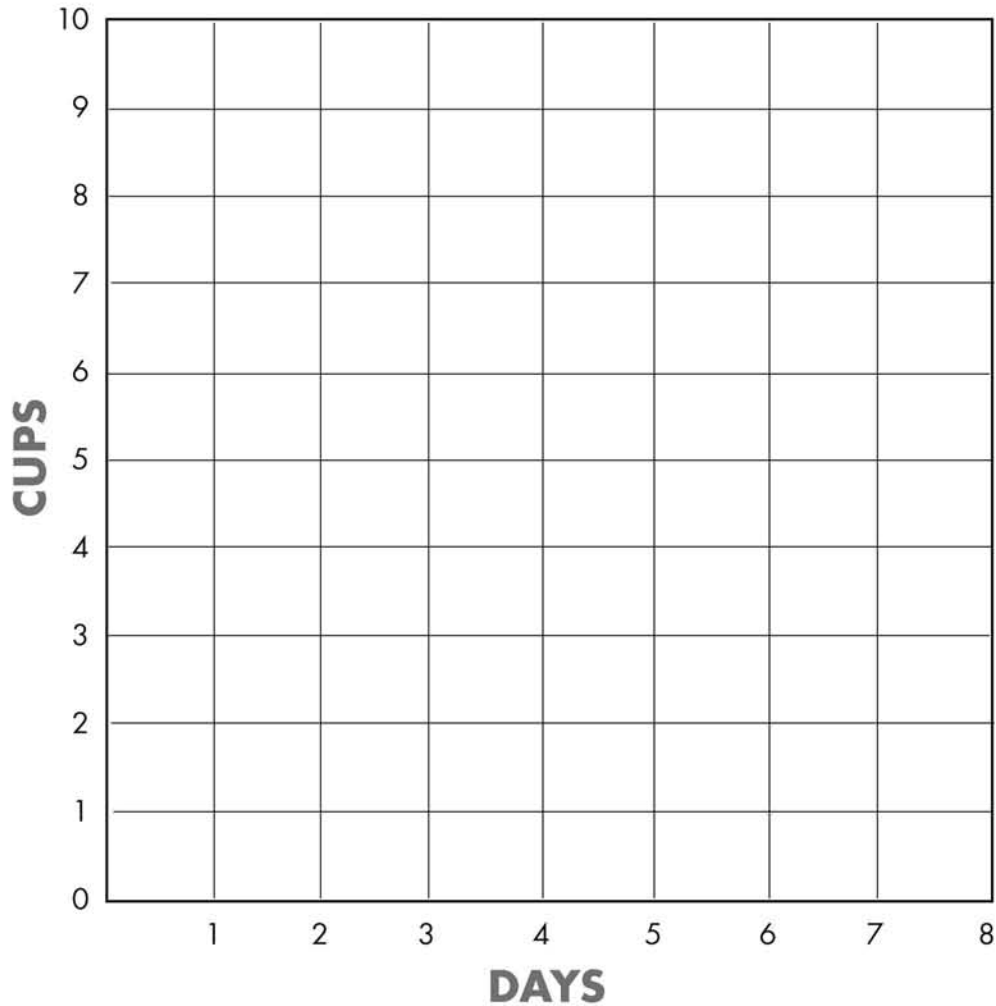
**My Goal:** I will eat at least 5 cups of fruits and vegetables every day.

Directions:

1. For the next 8 days, write down what fruit and vegetables you eat.
2. Use the Graph to show how many cups you ate.
3. Do your Report and talk to a partner.

	Fruits and Vegetables (Write what you ate)	Is it enough?	
Date #1 _____		Yes	No
Date #2 _____		Yes	No
Date #3 _____		Yes	No
Date #4 _____		Yes	No
Date #5 _____		Yes	No
Date #6 _____		Yes	No
Date #7 _____		Yes	No

### Fruits and Vegetables Graph



**MY REPORT**

DATE:

1. How many days did you eat at least 5 cups of fruits and vegetables? \_\_\_\_\_
2. On the days you did not eat enough fruits and vegetables, why not?

\_\_\_\_\_

3. Are you ready to eat more fruits and vegetables (if you need to)?

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Not Ready

Getting Ready

Ready

4. What can you do to eat more fruits and vegetables?

\_\_\_\_\_

## Additional Activity #2

### INTERVIEW FAMILY AND FRIENDS

**DIRECTIONS:** Interview three people. Take notes on about how many cups of fruits and vegetables they ate. Did they eat enough? If they didn't, give them some ideas for adding more fruits and vegetables every day.

1. What fruits did you eat yesterday? About how much did you eat?
2. What vegetables did you eat yesterday? About how much did you eat?
3. Did you drink any juice? About how much did you drink?
4. Do you want to add more fruits and vegetables in the future?

Name	What did you eat?	About how much?	How many cups?
			Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough YES NO
			Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough YES NO

Name	What did you eat?	About how much?	How many cups?
			Fruit _____ Vegetables _____ Juice _____ TOTAL _____  Enough YES NO

### Additional Activity #3

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

1. Listen to your teacher read about the food Maria ate and drank yesterday. Put checks (✓) next to the fruits and vegetables you hear. Write notes about *how much* of each she ate or drank. When you finish listening, decide and write the number of servings.

Vegetable/Fruit	How much?
_____ Apple	
_____ Apple Juice	
_____ Banana	
_____ Broccoli	
_____ Celery	
_____ Cabbage	
_____ Carrots	
_____ Corn	
_____ Cucumber	
_____ Grapes	
_____ Green beans	
_____ Lettuce	
_____ Onion	
_____ Orange	
✓ _____ Orange Juice	1 cup
_____ Peach	
_____ Tomatoes	
_____ Zucchini	

2. How many cups of fruits and vegetables did Maria eat or drink yesterday?

3. Does Maria need to add more fruits or vegetables? \_\_\_\_\_

4. Think about the fruits and vegetables you ate yesterday. How many cups did you have? \_\_\_\_\_ Do you need to add more? \_\_\_\_\_

## Additional Activity #3 Answer Key

### Script for listening assessment:

Maria is 28 years old. She is a busy mother and she is also a student. She knows it is important to eat healthy food.

Yesterday Maria drank a big glass of orange juice for breakfast. She drinks orange juice every day. She drank about 1 cup of orange juice. She also cut up a banana and put it on top of her cereal.

For lunch, Maria had a salad and sandwich. For the salad, she cut up about two cups of leafy green lettuce, and then mixed the lettuce with tomatoes and cucumbers.

Maria got hungry about 3:30 in the afternoon so she ate one small apple.

In the evening, Maria cooked some chicken, rice, and carrots and green beans. She ate one piece of chicken,  $\frac{1}{2}$  cup of rice, 1 cup cooked carrots and green beans. She also drank a glass of water.

### Answer key:

1.

<input checked="" type="checkbox"/> <b>Apple</b>	<b>1</b>
<input type="checkbox"/> <b>Apple Juice</b>	
<input checked="" type="checkbox"/> <b>Banana</b>	<b>1 cup</b>
<input type="checkbox"/> <b>Broccoli</b>	
<input type="checkbox"/> <b>Celery</b>	
<input type="checkbox"/> <b>Cabbage</b>	
<input checked="" type="checkbox"/> <b>Carrots</b>	<b>(with beans)</b>
<input type="checkbox"/> <b>Corn</b>	
<input checked="" type="checkbox"/> <b>Cucumber</b>	<b>A little</b>
<input type="checkbox"/> <b>Grapes</b>	
<input checked="" type="checkbox"/> <b>Green beans</b>	<b>1 cup</b>
<input checked="" type="checkbox"/> <b>Lettuce</b>	<b>2 cups</b>
<input type="checkbox"/> <b>Onion</b>	
<input type="checkbox"/> <b>Orange</b>	
<input checked="" type="checkbox"/> <b>Orange Juice</b>	<b>1 cup</b>
<input type="checkbox"/> <b>Peach</b>	
<input checked="" type="checkbox"/> <b>Tomatoes</b>	<b>A little</b>
<input type="checkbox"/> <b>Zucchini</b>	
<b>TOTAL</b>	<b>6+</b>

2. Maria ate more than 5 cups of fruits and vegetables.
3. No, she does not need to add more.
4. Answers will vary.