



# Ono Fruits & Veggies

## Mai e 'ai

(Come and Eat)

## Sample Lesson Plan

### 2<sup>nd</sup> Grade

- 1) *Using the teacher resources "How many vegetables are needed daily or weekly", talk to students about the importance of eating fruits and veggies every day.*
- 2) *Keanu at the Farmer's Market Handout.*
- 3) *Choose the Correct Name Handout*
- 4) *Using the teacher resources "Why is it important to eat vegetables and Nutrients", discuss what produce was served that week.*
- 5) *Fruit and Veggie Goals Handout*

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Ono Fruits & Veggies

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(Come and Eat)

# Keanu at the Farmer's Market

Name \_\_\_\_\_

Keanu has \$1.00 to spend on vegetables. He wants to buy as many servings as he can with his money. Read the Vegetable Menu. What three combinations of vegetables can he buy? List three possible choices in the charts. How much change will he receive from his \$1.00 in each of the choices? Show your work in the charts!

## VEGETABLE MENU

Vegetables	Cost for one serving
<b>Carrot</b> 	\$ .30
<b>Broccoli</b> 	\$ .20
<b>Corn</b> 	\$ .50
<b>Peas</b> 	\$ .15

### **Sample**

<u>Vegetable List</u>	<u>Cost</u>
Carrot	.30
Broccoli	.20
Corn	.50

\_\_\_\_\_  
 Total Cost: \$1.00  
 Change: .00

<u>Vegetable List</u>	<u>Cost</u>

\_\_\_\_\_  
 Total Cost:  
 Change:

<u>Vegetable List</u>	<u>Cost</u>
Carrot	
Broccoli	
Corn	

\_\_\_\_\_  
 Total Cost:  
 Change:

<u>Vegetable List</u>	<u>Cost</u>

\_\_\_\_\_  
 Total Cost:  
 Change:

# Keanu at the Farmer's Market Answer Key

Name \_\_\_\_\_

Keanu has \$1.00 to spend on vegetables. He wants to buy as many servings as he can with his money. Read the Vegetable Menu. What three combinations of vegetables can he buy? List three possible choices in the charts. How much change will he receive from his \$1.00 in each of the choices? Show your work in the charts!

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### **Sample**

<u>Vegetable List</u>	<u>Cost</u>
Carrot	.30
Broccoli	.20
Corn	.50

---

Total Cost: \$1.00  
Change: .00

<u>Vegetable List</u>	<u>Cost</u>
Broccoli	.20
Corn	.50
peas	.15

---

Total Cost: \$.85  
Change: \$.15

<u>Vegetable List</u>	<u>Cost</u>
Carrot	.30
Peas	.15
Corn	.50

---

Total Cost: \$.95  
Change: .05

<u>Vegetable List</u>	<u>Cost</u>
Peas	.15
Carrots	.30
Broccoli	.20

---

Total Cost: \$.65  
Change: .35

# Choose the Correct Name

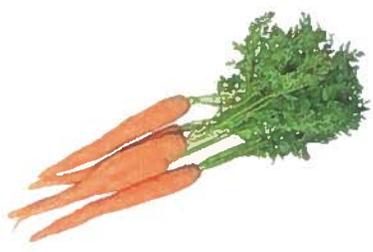
Name \_\_\_\_\_



- Sweet Potato
- Taro
- Banana



- Tomato
- Apple
- Bok Choy



- Carrot
- Corn
- Tomato



- Spinach
- Lettuce
- Blueberries



- Bell Pepper
- Peas
- Tangerine



- Mango
- Orange
- Strawberries



- Corn
- Squash
- Pineapple



- Cantaloupe
- Cucumber
- Clementines



- Cranberries
- Cauliflower
- Spinach



- Grapefruit
- Apricots
- Cherries

Choose the Correct Name  
 Answer Key

Name \_\_\_\_\_



Sweet Potato

**Taro**

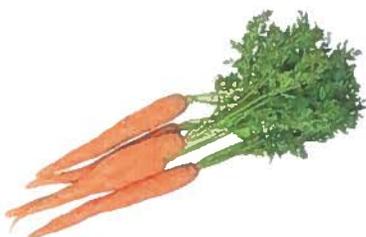
Banana



Tomato

Apple

**Bok Choy**



**Carrot**

Corn

Tomato



Spinach

Lettuce

**Blueberries**



Bell Pepper

**Peas**

Tangerine



**Mango**

Orange

Strawberries



**Corn**

Squash

Pineapple



Cantaloupe

**Cucumber**

Clementines



Cranberries

**Cauliflower**

Spinach



Grapefruit

Apricots

**Cherries**



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## My Fruit & veggie Goals

Name \_\_\_\_\_

1. Make a list of fruits you have eaten.

2. Make a list of vegetables you have eaten.

3. Make a list of fruits and vegetables you would like to try.