

# Ono Fruits & Veggies

## Mai e 'ai (Come and Eat)

### *Sample Lesson Plan* *3<sup>rd</sup> Grade*

- 1. Using the teacher resources, discuss with your students what foods are in the vegetable and fruit group.*
- 2. Produce Fractions Handout*
- 3. Which Fruit? Handout*
- 4. P.A.C.K Handout*
- 5. Fruit and Veggie Goals Handout*

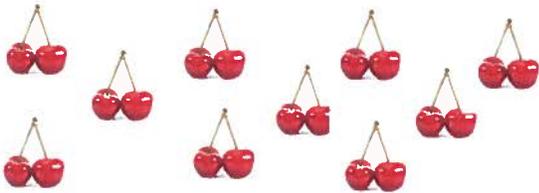
*Office of Hawaii Child Nutrition Programs  
650 Iwilei Road, Suite 270  
Honolulu, Hawaii 96817  
Phone: (808) 587-3600*



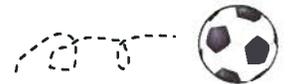
Name \_\_\_\_\_

Directions: Answer the questions below with correct fraction number.  
Show your work.

1. Quisha has 10 cherries on her plate. She will divide them equally with her friend. How many cherries does she give to her friend? \_\_\_\_\_



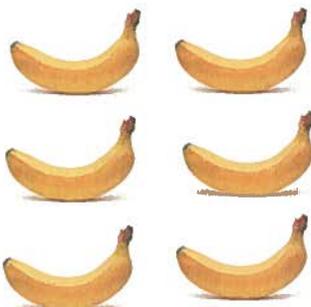
2. Glenn has 2 apples. He wants to share with his 4 friends who like to play soccer. Divide the apples so each one of his friends can have a piece. \_\_\_\_\_



3. You picked 6 mangoes from the tree. You need to share with 3 other neighbors. How much mangoes can each of you have? \_\_\_\_\_



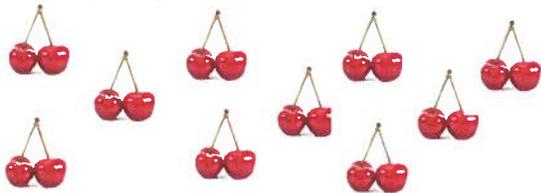
4. Katherine buys 6 bananas for her ballet class. There are 12 girls in the class with her. How much banana can each of the girls have? \_\_\_\_\_



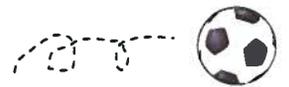
Name \_\_\_\_\_

Directions: Answer the questions below with correct fraction number.  
Show your work.

1. Quisha has 10 cherries on her plate. She will divide them equally with her friend. How many cherries does she give to her friend? 5 bunches



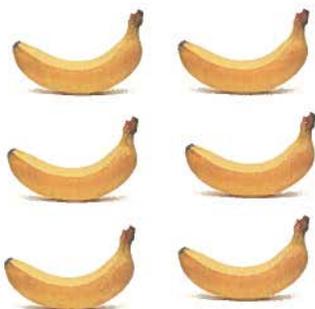
2. Glenn has 2 apples. He wants to share with his 4 friends who like to play soccer. Divide the apples so each one of his friends can have a piece.  $\frac{1}{2}$  apple



3. You picked 6 mangoes from the tree. You need to share with 3 other neighbors. How much mangoes can each of you have? 2 each



4. Katherine buys 6 bananas for her ballet class. There are 12 girls in the class with her. How much banana can each of the girls have?  $\frac{1}{2}$  each



# Who Has What Fruit?

Name \_\_\_\_\_

Four friends, Monica, Lynn, Shayne, and Robert are eating their favorite fruit. Each person has a different favorite fruit. Use the clues to match the person with his/her favorite fruit. If a choice can be eliminated by reading the clues, write **NO** in the space on the chart. Write **YES** in the correct place on the chart to identify each person's favorite fruit.

	Banana 	Apple 	Orange 	Grapefruit 
Monica				
Lynn				
Shayne				
Robert				

1. Monica's favorite fruit is round.
2. The name of Lynn's fruit has two syllables in its name.
3. Robert sat next to his friend who had a red fruit.
4. Lynn sat next to her friend who had a fruit that had three syllables in its name.
5. The name of Robert's fruit is not a compound word.
6. Monica enjoys watching her friend eat a grapefruit.
7. Shayne likes to squeeze his fruit and get the juice out.
8. The name of Shayne's fruit is not a compound word.
9. Monica sat next to her friend who has a fruit with an orange-colored peel.
10. Shayne's fruit was smaller than Lynn's fruit.

1. Which fruit has fiber?
2. Which fruit has vitamin C?

## Who Has What Fruit? Answer Key

Name \_\_\_\_\_

Four friends, Monica, Lynn, Shayne, and Robert are eating their favorite fruit. Each person has a different favorite fruit. Use the clues to match the person with his/her favorite fruit. If a choice can be eliminated by reading the clues, write **NO** in the space on the chart. Write **YES** in the correct place on the chart to identify each person's favorite fruit.

	Banana 	Apple 	Orange 	Grapefruit 
Monica		Yes		
Lynn				Yes
Shayne			Yes	
Robert	Yes			

1. Monica's favorite fruit is round.
2. The name of Lynn's fruit has two syllables in its name.
3. Robert sat next to his friend who had a red fruit.
4. Lynn sat next to her friend who had a fruit that had three syllables in its name.
5. The name of Robert's fruit is not a compound word.
6. Monica enjoys watching her friend eat a grapefruit.
7. Shayne likes to squeeze his fruit and get the juice out.
8. The name of Shayne's fruit is not a compound word.
9. Monica sat next to her friend who has a fruit with an orange-colored peel.
10. Shayne's fruit was smaller than Lynn's fruit.

---

1. Which fruit has fiber?    apple, orange, or grapefruit

2. Which fruit has vitamin C?    orange or grapefruit



*Ono Fruits & Veggies*

*Mai o 'ai  
(Come and Eat)*

## My Fruit & veggie Goals

Name \_\_\_\_\_

1. Make a list of fruits you have eaten. Which one was your favorite? Why?

2. Make a list of vegetables you have eaten. Which vegetable was your favorite? Why?

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