



**Ono Fruits & Veggies**  
**Mai e 'ai**  
**(Come and Eat)**

**Sample Lesson Plan**  
**4<sup>th</sup> Grade**

- 1) *Using the teacher resource talk to students about the daily recommendations and what counts as a cup of vegetables and fruit.*
- 2) *Produce Scramble Handout*
- 3) *Produce Word Search Handout*
- 4) *Emi's Birthday Luncheon*
- 5) *P.A.C.K Crossword Handout*
- 6) *Fruit and Veggie Goals Handout*

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Name \_\_\_\_\_

Date \_\_\_\_\_

**Unscramble the words below:**

1. cpeha \_\_\_\_\_

2. huasqs \_\_\_\_\_

3. tcsroa \_\_\_\_\_

4. orolcbci \_\_\_\_\_

5. iiwk \_\_\_\_\_

6. mrucbsue \_\_\_\_\_

7. taersrwrise \_\_\_\_\_

8. siaorptc \_\_\_\_\_

9. phiscan \_\_\_\_\_

10. npeapli \_\_\_\_\_

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## Answer Key

1. cpeha is peach.
  2. huasqs is squash.
  3. tcsroa is carrots.
  4. orolcbei is broccoli.
  5. iiwk is kiwi.
  6. mrucbsue is cucumbers.
  7. taersrwisbe is strawberries.
  8. siaorptc is apricots.
  9. phiscan is spinach.
  10. npeappli is pineapple.
-

Name \_\_\_\_\_

F A V V E S A L C X X P K I K H Z S L J K K E N B  
H P V X G Y L M O C G O R A N G E S J B K K M N H  
K P D S G S O Z S G O L C R V G F X T O B U M N H  
B L T A P L U K V G Y R D R B V K S P O U C W G E  
O E B L L T Y Z V T M I N A N B A E Z V M L U C J  
X U L T A E B O G X U L M V W F K I U W B A N J J  
O X K P N W G S E O T A T O P O B R Q I L O T C W  
H H M X T V N V P Z H L V N H F S R O T C B X O I  
Z H A Y V O N I K P M U P C Z M X E K A A Z H I H  
E D N U A O T T H E P U I J I J D B K G B L J O K  
E D G J R N A U R A B T Z H F D P K B G B W V N A  
L I O K T I S N E Z R Z N O J L S C R T A J R N B  
R O A Y U O E A A A A W O A U H X A L B G P Z F O  
Y S C I L N T C U L P W C M E W B L Y A E B Z B Y  
N B F K N S H A M M O L S F R T Q B L L E M O N W

apple

orange

artichoke

lemon

onions

mango

pumpkin

potatoes

eggplant

corn

Plums

cabbage

tomato

blackberries

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 (Come and Eat)

## Produce Word Search Answer key

Name \_\_\_\_\_

Answers:-

A	E																		
P	G			C	O	R	A	N	G	E									
P	G			O								T							
L	P				R						S	O							
E	L					N					E		M						
	A										K	I			A				
	N		S	E	O	T	A	T	O	P	O	R				T			
	M	T								H	R		C			O			
	A		N	I	K	P	M	U	P	C			E	A					
	N	O							I				B	B					
	G	N					T					P	K	B					
	O	I				R						L	C	A					
		O			A						U	A		G					
		N							M			L	E						
		S							S				B	L	E	M	O	N	

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## Emi's Special Party



Name \_\_\_\_\_

Emi is planning to have a small Party with five of her closest friends. At her special party, she will serve turkey dogs, fresh fruit, baked chips, carrot cake, and shave ice. She needs to buy one each of the following items to prepare her special meal:

Turkey dogs	\$ 6.50
Relish & Mustard	\$ 2.25
Whole-wheat buns	\$ 3.99
Fresh fruit	\$ 2.75
Baked chips	\$ 3.00
Carrot cake	\$ 4.01
Shaved ice	\$ 2.75



1. How much money does Emi need to pay for the cost of food for her special party?  
Show your work.

2. If the sales tax is 4.167%, how much will Emi have to pay for tax? Show your work.

3. Find the total cost including tax of Emi's special party meal.



4. If Emi has invited 5 friends to her party, how much will the meal cost for each person at the party (include Emi)?





Name \_\_\_\_\_

Emi is planning to have a small Party with five of her closest friends. At her special party, she will serve turkey dogs, fresh fruit, baked chips, carrot cake, and shave ice. She needs to buy one each of the following items to prepare her special meal:

Turkey dogs	\$ 6.50
Relish & Mustard	\$ 2.25
Whole-wheat buns	\$ 3.99
Fresh fruit	\$ 2.75
Baked chips	\$ 3.00
Carrot cake	\$ 4.01
Shaved ice	\$ 2.75



1. How much money does Emi need to pay for the cost of food for her special party?  
Show your work.

\$25.25

2. If the sales tax is 4.167%, how much will Emi have to pay for tax? Show your work.


\$1.05

3. Find the total cost including tax of Emi's special party meal.

\$26.30

4. If Emi has invited 5 friends to her party, how much will the meal cost for each person at the party (include Emi)?

\$4.38



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## 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?