



How Much Do I Need?

4. Demonstrate different amounts of fruits and vegetables as measured by cups.

- Ask the children the following questions:
 - How big is $\frac{1}{2}$ cup of fruit?
 - How big is 1 cup of vegetables?
- Demonstrate different amounts of fruits and vegetables using measuring cups and cupped hands. Also show several examples of whole pieces of fruits and vegetables that are about the size of a baseball (about 3" in diameter). Point out that fresh, frozen, canned, dried, and juiced fruits and vegetables all count. Show the children a 6-ounce juice box and tell them that it equals about $\frac{3}{4}$ cup of juice. Then pour the juice into a glass to show them. Remind the children that not all juice drinks are 100% juice and that they should go easy on the amount of juice they drink each day.
- Use volunteers to show how $\frac{1}{2}$ cup of fruits or vegetables fits into one cupped hand and 1 cup of raw, leafy greens fits into two cupped hands.

5. Lead a discussion using the following questions:

- Now that you can recognize what cups and $\frac{1}{2}$ cups look like, does eating the recommended cups of fruits and vegetables every day seem easier or harder? Why?
- Will what you've learned today change the amount of fruits and vegetables that you eat every day? Why or why not?

6. Using the Power Up! worksheet, briefly discuss the importance of getting at least 60 minutes of power play every day.

7. Lead a discussion about physical activity by asking children the following questions:

- Do you think getting 60 minutes of power play every day is easy? Why or why not?
- Do you think you have to do 60 minutes of power play all at once, or can you add up all the power play you get in a day? (*Leader hint: It's OK to add it up through the day, just shoot for at least 10 minutes of power play at a time.*)
- Do you get power play every day? If not, why not? If so, how do you like to get your power play? How can you try to get more power play?

8. *Optional:* Conclude the activity by having a taste testing of the same kinds of fruits and vegetables that you used in your demonstration. See Activity 13: Taste It! for ideas on doing a taste testing.

GO FARTHER

- Ask the children to decide which fruits and vegetables they would like to eat tomorrow, and have them draw a picture of them. Remind children that their pictures should include the amount of fruits and vegetables they are supposed to eat each day.
- Ask the children to decide what they would like to do tomorrow to get their 60 minutes of power play, and have them draw a picture of themselves doing the activity(ies).

BRING IT HOME

- Send the Power Up! worksheet home with the children to share with their families.
- Send the Cups of Colorful Fruits and Vegetables worksheet home with children to share with the person who prepares most of their meals.
- Send home copies of the *Children's Power Play! Campaign's* parent brochure and ask the children to keep track of the fruits and vegetables they eat with their families.

NOTE: To ease children's understanding of the *Dietary Guidelines*, some information in this *Kit* has been simplified. The USDA recommends that 1 cup of lettuce count as only $\frac{1}{2}$ cup of vegetables and that $\frac{1}{4}$ cup of dried fruit count as $\frac{1}{2}$ cup of fruit. In addition, the USDA's MyPyramid Web site provides specific examples of the cup measurements of various whole fruits and vegetables. For simplification, this *Kit* does not provide this level of detail and makes the more general recommendations shown on Worksheet 2C: Cups of Colorful Fruits & Vegetables. For more information on the USDA's recommendations, visit www.mypyramid.gov and go to Inside the Pyramid.



Power Up!

Do you want to grow and stay healthy? Do you want more energy to do well in school and sports?

Eat Fruits and Vegetables Every Day!

Kids in elementary school should eat 2½ to 5 cups of fruits and vegetables every day. They have important vitamins and minerals that your bodies need. They help you grow and stay healthy. Fruits and vegetables give you extra energy to do well in school and sports. Fruits and vegetables have vitamin A, vitamin C, and fiber.

Vitamin A helps your body grow, helps your eyesight, and helps you have healthy skin. It also helps keep you from getting sick.

Vitamin C helps your body stay strong. It heals cuts and helps you avoid infections. It is also good for healthy bones, teeth, and skin.

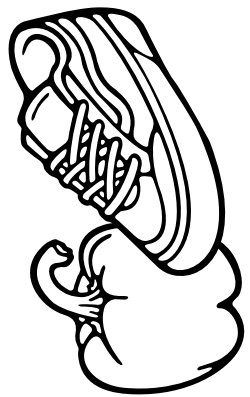
Fiber helps your body digest food and helps protect you from disease. It also helps you feel full so you do not eat too much.

Eat a Rainbow of Colors! Did you know that the same things that give a plant its color can also help keep you healthy? Fruits and vegetables have many colorful **phytonutrients** (also called phytochemicals). Phyto means plant in Greek. Nutrients are the things in food that help you live and grow. There are many different phytonutrients in fruits and vegetables. Try fruits and vegetables from all the color groups—red, green, yellow/orange, blue/purple, and white.

Look at all the colorful fruits and vegetables you can choose!

Fruits	
Apple	Peach
Apricot	Pear
Banana	Persimmon
Blackberry	Pineapple
Blueberry	Plum
Cantaloupe	Raisins
Cherimoya	Raspberry
Cherry	Strawberry
Date	Tangelo
Fig	Watermelon
Grape	Papaya
Grapefruit	Passion Fruit

Vegetables	
Artichoke	Cucumber
Asparagus	Eggplant
Avocado	Endive
Beet	Garlic
Bok Choy	Green Beans
Broccoli	Jicama
Brussels	Kale
Sprouts	Kohlrabi
Cabbage	Leek
Cactus Leaves	Lettuce
Carrot	Mushroom
Cauliflower	Okra
Celery	Onion
Collard Greens	Parsnip
Corn	Peas
Pepper	Potato
Pumpkin	Radicchio
Radish	Rhubarb
Rutabaga	Spinach
Squash	Sweet Potato
Tomato	Turnip
Watercress	Yam
Zucchini	



Get Power Play Every Day!

Kids should get at least 60 minutes of power play every day. Power play is a game, sport, exercise, or other action that gets your body moving. Power play is also called physical activity.

Power play can:

- Help keep you from getting sick
- Help you pay attention in school
- Make you feel better about yourself
- Build healthy bones and muscles to keep you strong
- Help you with balance and coordination
- Help you feel more energetic
- Help you keep a healthy weight
- Help you relax
- Help you meet new friends
- Gives you something fun to do with friends and family

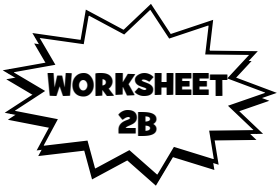
Your power play should be moderate or vigorous activities. *Moderate* activities get you up and moving and make your heart beat faster. *Vigorous* activities make you breathe hard and sweat. Try to get at least 10 minutes of power play at a time. All of your power play should add up to at least 60 minutes every day.

There are a lot of fun ways to get your power play!

Aerobics	Inline Skating	Soccer
Baseball or Softball	or Ice Skating	Swimming
Basketball	Jumping Jacks	Tag
Biking	Jumping Rope	Tennis
Climbing Stairs	Kickball	Tetherball
Dancing	Martial Arts	Tossing a Flying Disk (like a Frisbee®)
Flag Football	Playing Catch	Volleyball
Four Square	Playing on the Bars	Walking
Gardening	Raking Leaves	Wallball or Handball
Gymnastics	Running or Jogging	Weight Training
Hiking	Skateboarding	
Hopscotch		

Name _____

Date _____



How Much Do I Need?

BOY



Find the chart that shows how much power play you usually get every day. Then look at the row with your age. It will tell you how many cups of fruits and vegetables you should eat every day.

I usually get less than 30 minutes of power play every day.

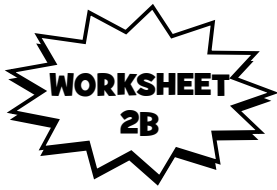
Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1	1½	2½
6	1½	1½	3
7	1½	1½	3
8	1½	1½	3
9	1½	2	3½
10	1½	2	3½
11	1½	2½	4
12	1½	2½	4

I usually get 30 to 60 minutes of power play every day.

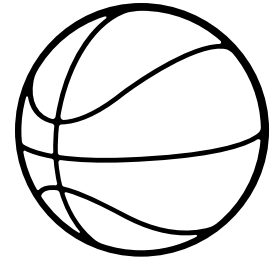
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7	1½	2	3½
8	1½	2	3½
9	1½	2½	4
10	1½	2½	4
11	2	2½	4½
12	2	3	5

I usually get more than 60 minutes of power play every day.

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
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7	1½	2½	4
8	2	2½	4½
9	2	2½	4½
10	2	3	5
11	2	3	5
12	2	3	5



How Much Do I Need? GIRL



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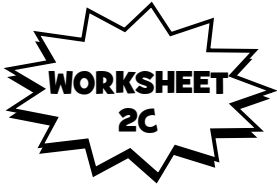
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11	2	2½	4½
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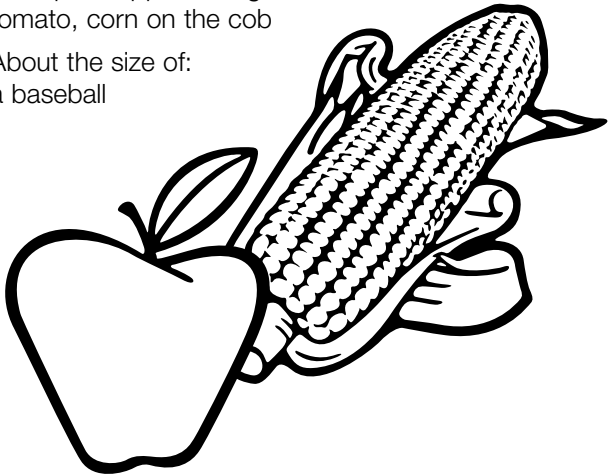
Cups of Colorful Fruits & Vegetables

Want to stay healthy and have lots of energy? Use Worksheet 2B to find out how many cups of fruits and vegetables you should eat every day. Then add up your cups to meet your goal. How do you know how many cups you are eating? Use these tips to help you.

1 whole fruit or vegetable = 1 cup

Examples: apple, orange, tomato, corn on the cob

About the size of:
a baseball

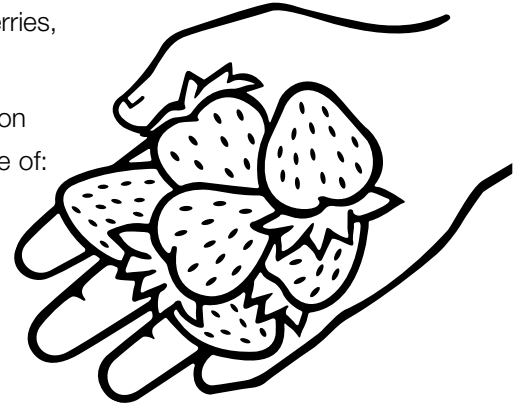


1 cupped handful of fresh, frozen, or canned* fruits or vegetables = 1/2 cup

*canned fruit packed in 100% juice

Examples: berries, baby carrots, broccoli, chopped melon

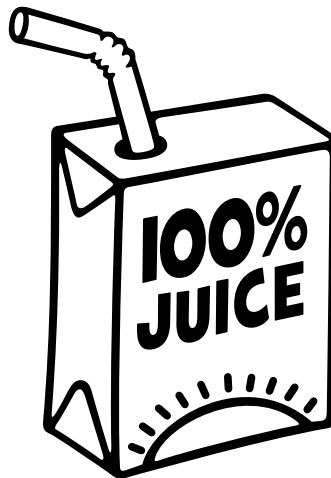
About the size of:
1/2 a baseball



2 cupped handfuls of raw, leafy greens = 1 cup

Examples: green salad, spinach

About the size of:
a baseball



1 juice box with 100% juice = 3/4 cup (6 ounces)

Examples: orange juice, apple juice, tomato juice