

## Denver Public Schools' Daily Fresh Fruit and Vegetable Nutrition Education Activities - March 2016

For each day, click on the link to see fun activities, facts and nutrition information about each fruit or vegetable. For more information, contact Denver Public Schools' Registered Dietitians Jennifer Cook at 720-423-5605 or Anne Wilson at 720-423-5608. More nutrition education activities and resources are available on our website <http://enterprisemanagement.dpsk12.org/fresh-fruit-vegetable-program/>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		1	2	3	4
		<p><b>Red Apple (fact sheet):</b>  <a href="https://dpi.wi.gov/sites/default/files/imce/school-nutrition/doc/ffvp_nn_ap.doc">https://dpi.wi.gov/sites/default/files/imce/school-nutrition/doc/ffvp_nn_ap.doc</a>  <b>Red Apple (lesson plans):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-apples-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-apples-worksheet.pdf</a></p>	<p><b>Tangerine (fact sheet):</b>  <a href="http://images.pcmac.org/Uploads/SearchPublic/SearchPublic/Departments/DocumentsCategories/Documents/FFVP%20Fact%20Sheet--Tangerines%202014.pdf">http://images.pcmac.org/Uploads/SearchPublic/SearchPublic/Departments/DocumentsCategories/Documents/FFVP%20Fact%20Sheet--Tangerines%202014.pdf</a>  <b>Tangerine (lesson/ worksheets):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-oranges-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-oranges-worksheet.pdf</a></p>	<p><b>Banana (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 6  <b>Banana (lesson plan focuses on color groups):</b>  <a href="http://www.pbhfoundation.org/pdfs/pub_sec/edu/cur/rainbow/RainbowOnMyPlate_TeachersGuide%20FINAL.pdf">http://www.pbhfoundation.org/pdfs/pub_sec/edu/cur/rainbow/RainbowOnMyPlate_TeachersGuide%20FINAL.pdf</a></p>	<p><b>Baby Carrots (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 13  <b>Baby Carrots (lesson plans):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-carrots-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-carrots-worksheet.pdf</a></p>
Week 2	No service	8	9	10	11
		<p><b>Pear (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 23  <b>Pear (lesson plans):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-pears-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-pears-worksheet.pdf</a></p>	<p><b>Blood orange (fact sheet will be sent with your baskets)</b>  <b>Blood orange (lesson plan information):</b>  <a href="http://www.hbgisd.k12.pa.us/cms/lib/P/A01000004/Centricity/Domain/1057/2014%20blood%20orange%20ST.pdf">http://www.hbgisd.k12.pa.us/cms/lib/P/A01000004/Centricity/Domain/1057/2014%20blood%20orange%20ST.pdf</a></p>	<p><b>Green Apple (fact sheet):</b>  <a href="https://www.alsde.edu/sec/cnp/snp/Forms/Promotional%20Flyer%20-%20Granny%20Smith%20Apple.pdf">https://www.alsde.edu/sec/cnp/snp/Forms/Promotional%20Flyer%20-%20Granny%20Smith%20Apple.pdf</a>  <b>Green Apple (lesson plan):</b>  <a href="http://pennsylvaniaapples.org/wp-content/uploads/2014/08/PAMP_EducationLessonPlans_082514.pdf">http://pennsylvaniaapples.org/wp-content/uploads/2014/08/PAMP_EducationLessonPlans_082514.pdf</a></p>	<p><b>Yellow Squash (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 27  <b>Yellow Squash (lesson plan):</b>  <a href="http://faitc.org/wp-content/uploads/2013/07/Squash-Lesson-Plans.pdf">http://faitc.org/wp-content/uploads/2013/07/Squash-Lesson-Plans.pdf</a></p>
Week 3	No service	15	16	17	18
		<p><b>Tangerine (fact sheet):</b>  <a href="http://harvestofthemonth.cdph.ca.gov/documents/Winter/Mandarins/Mandarins%20-%20Family%20News_Eng_Final.pdf">http://harvestofthemonth.cdph.ca.gov/documents/Winter/Mandarins/Mandarins%20-%20Family%20News_Eng_Final.pdf</a>  <b>Tangerine (activities, see above for more):</b> <a href="http://caff.org/wp-content/uploads/2011/05/February-Citrus-Packet.pdf">http://caff.org/wp-content/uploads/2011/05/February-Citrus-Packet.pdf</a></p>	<p><b>Red Apple (fact sheet):</b>  <a href="http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/ffvp_fs_ap.pdf">http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/ffvp_fs_ap.pdf</a>  <b>Red Apple (lesson plans):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-apples-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-apples-worksheet.pdf</a></p>	<p><b>Banana (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 6  <b>Banana (lesson plan focuses on color groups):</b>  <a href="http://www.pbhfoundation.org/pdfs/pub_sec/edu/cur/rainbow/RainbowOnMyPlate_TeachersGuide%20FINAL.pdf">http://www.pbhfoundation.org/pdfs/pub_sec/edu/cur/rainbow/RainbowOnMyPlate_TeachersGuide%20FINAL.pdf</a></p>	<p><b>Pineapple (fact sheet):</b>  <a href="http://www.education.ne.gov/nslp/FFVP/BINDERS/Binder3-School_Family_Resource/FruitoftheMonth.pdf">http://www.education.ne.gov/nslp/FFVP/BINDERS/Binder3-School_Family_Resource/FruitoftheMonth.pdf</a> p. 15  <b>Pineapple (lesson plan):</b>  <a href="http://teacher.scholastic.com/lessonrepro/lessonplans/ect/pineapple.htm">http://teacher.scholastic.com/lessonrepro/lessonplans/ect/pineapple.htm</a></p>

Week 4	No service	<p style="text-align: right;">22</p> <p><b>Pear (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a> p. 23</p> <p><b>Pear (lesson plans):</b>  <a href="http://www.gethealthyclarkcounty.org/pdf/ffvp-pears-worksheet.pdf">http://www.gethealthyclarkcounty.org/pdf/ffvp-pears-worksheet.pdf</a></p>	<p style="text-align: right;">23</p> <p><b>Tangerine (fact sheet):</b>  <a href="http://harvestofthemoth.cdp.ca.gov/documents/Winter/Mandarins/Mandarins%20-%20Family%20News_Eng_Final.pdf">http://harvestofthemoth.cdp.ca.gov/documents/Winter/Mandarins/Mandarins%20-%20Family%20News_Eng_Final.pdf</a></p> <p><b>Tangerine (activities, see above for lesson plans):</b> <a href="http://caff.org/wp-content/uploads/2011/05/February-Citrus-Packet.pdf">http://caff.org/wp-content/uploads/2011/05/February-Citrus-Packet.pdf</a>  <a href="http://faitc.org/wp-content/uploads/2013/07/Orange-Lesson-Plan.pdf">http://faitc.org/wp-content/uploads/2013/07/Orange-Lesson-Plan.pdf</a></p>	<p style="text-align: right;">24</p> <p><b>Green Apple (fact sheet):</b>  <a href="https://www.alsde.edu/sec/cnp/snp/Forms/Promotional%20Flyer%20-%20Granny%20Smith%20Apple.pdf">https://www.alsde.edu/sec/cnp/snp/Forms/Promotional%20Flyer%20-%20Granny%20Smith%20Apple.pdf</a></p> <p><b>Green Apple (fact sheet):</b>  <a href="http://idph.iowa.gov/Portals/1/Files/INN/LP9%20K-1%20Focus%20on%20Fruits%20Final%207.13.12.pdf">http://idph.iowa.gov/Portals/1/Files/INN/LP9%20K-1%20Focus%20on%20Fruits%20Final%207.13.12.pdf</a></p>	<p style="text-align: right;">25</p> <p><b>GRAPES (fact sheet):</b>  <a href="http://lancaster.unl.edu/nep/FruVegC.pdf">http://lancaster.unl.edu/nep/FruVegC.pdf</a>, p. 15</p> <p><b>GRAPES (lesson plans):</b>  <a href="http://freshcaliforniagrapes.com/lessonplans.php">http://freshcaliforniagrapes.com/lessonplans.php</a></p>
Week 5	Spring Break!				