



P.A.C.K. Week Creative Writing Exercise

Activity:

Students will create their own song about the health benefits of eating fruits and vegetables. They can either create new words to an existing familiar song (like a nursery rhyme) or they can create their own unique rap song.

Lesson Objectives:

- Students will learn about the health benefits of eating colorful fruits and vegetables.
- They'll develop their creative writing skills.
- Practice rhyming words and word patterns.

Lesson Plan:

1. Lead a class discussion on the importance of eating lots of colorful fruits and vegetables.

Discussion question and key topics to cover are:

Why is it important for all of us to eat *more* fruits and vegetables?

- Eating a variety of colorful fruits and vegetables provides maximum nutritional benefit, as each has a unique nutritional footprint. To get the broadest range of nutrients, all colors are important – purple, white, red, yellow, orange and green. Think of it as “eating the rainbow”. A good goal is to have half of every meal be fruits and vegetables.
- Fruits and vegetables provide the wonderful combination of great taste, nutrition and variety. It's hard to get bored with so many interesting choices. Can your class create a list of all the fruits and veggies they know?
- When it comes to good nutrition, all **forms** of fruits and vegetables matter. Whether fresh, frozen, canned, dried or 100% juice, they all count towards servings of fruits/vegetables and are a delicious and convenient way to keep you healthy all year round.
- Fruits and vegetables can be great sources of key nutrients that help promote and protect good health such as vitamin C, vitamin A, potassium, folate, magnesium and fiber.
 - Vitamin C helps support immunity, helps heal cuts and helps keep your teeth and gums healthy. Oranges, bell peppers, broccoli and purple 100% grape juice are good sources of vitamin C.
 - Vitamin A helps keep your eyes and skin healthy and can be found in apricots, carrots, sweet potatoes, cantaloupe and spinach.
 - Diets rich in potassium may help to maintain healthy blood pressure. Bananas, sweet potatoes, spinach, and oranges are good sources of potassium.
 - Our bodies need folate to produce and maintain new cells. Spinach, asparagus, avocado and oranges all contain folate.
 - Magnesium is important to help keep bones strong and maintain normal muscle and nerve function. Spinach, avocados, bananas and raisins all provide magnesium.
 - Fiber is important for good digestive tract health and can be found in all whole fruits and vegetables.
- Every step towards eating more fruits and veggies and getting more physical activity helps us all to be at our best. What's more, eating more fruits and vegetables can help maintain a healthy weight.

2. Challenge your students with this creative writing exercise aimed at encouraging children from across the country to eat more fruits and vegetables. Explain that most of the children in America do not eat enough fruits and vegetables (in fact, only 4% are eating the recommended amount of fruits and vegetables).

Set the stage by presenting the following hypothetical situation: What if the President of the United States asked our class to help encourage kids across America to eat more fruits and vegetables, and he asked us to create fun songs to teach to young children? Have your students write a song (or you could substitute with writing a poem) about fruits and vegetables with the goal of making it appealing to other kids to get more fruits and vegetables into each day. They can focus on how tasty they are, the variety of fun colors, fun ways to eat them or even the different forms they come in (fresh, frozen, canned, dried or 100% juice).

If possible, have the class learn and sing some of the songs out loud.



Pack More Fruits and Vegetables into Each Day!

