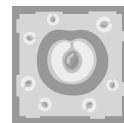
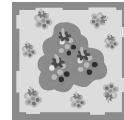


# Harvest of the Month



Network for a Healthy California

**Activity Workbook**

**2007-2008**



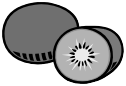







**Grade 6**

**Name:**



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# Harvest of the Month

Fruit or Vegetable	I liked it	I did not like it	I will try this again	Why it is good for me
Apple 				
Pear 				
Kiwi 				
Sweet Potato 				
Orange 				
Broccoli 				
Spinach 				
Carrot 				
Strawberry 				
Salad Greens 				



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# Harvest of the Month

## September

### APPLES

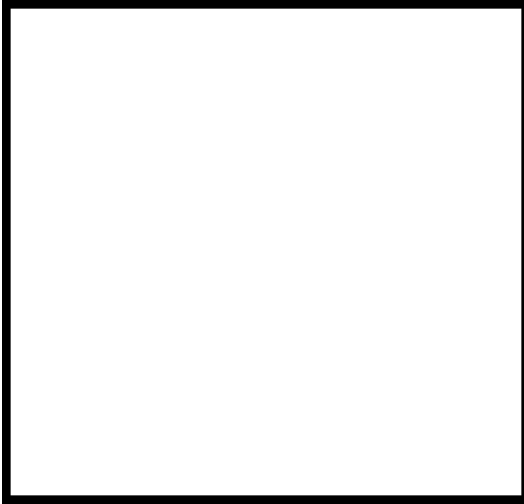
Content Standard: Grade 6, Writing 1.0  
Health Ed. Standards: Core Concepts,  
Interpersonal Communication



## Apple Descriptions

Practice with adjectives!

Draw a picture of an apple



Write six adjectives that describe apples.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



**Directions:** Write a few sentences about apples and why they are good for you. Use two or more of the describing adjectives. Read these sentences to another student.

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# Label Reading

Content Standard: Grade 6, Mathematical Reasoning 1.0, 2.0, 3.0, Algebra 2.0  
Health Ed. Standard: Core Concepts, Accessing Information, Decision Making

## Total Fat Grams

Low Fat = 3 Grams or Less Per Serving

## Total Milligrams Cholesterol

Cholesterol is only found in animal products

## Total Sodium

Low Sodium = 140 mg or Less Per Serving

## Dietary Fiber

Fiber is found only in plant foods.

**\* For a healthful diet, look for \*  
good & excellent sources of  
Vitamin A, Vitamin C, Iron, Calcium & Fiber**

The % **Daily Value** shows whether that food is high or low in a certain nutrient:

**5% or less = Low or Poor Source**  
**10-19% = Good Source**  
**20% or more = Excellent Source**

## Nutrition Facts

Serving Size 1/2 cup (122g)  
Servings per container 4

### Amount Per Serving

Calories 72      Calories from Fat 21

### % Daily Value\*

Total Fat 2g      4%

Saturated Fat 1g      4%

Trans Fat

Cholesterol 4mg      1%

Sodium 663mg      28%

Total Carbohydrate 12g      4%

Dietary Fiber 3g      11%

Sugars

Protein 3g

Vitamin A      24% • Vitamin C      20%

Calcium      5% • Iron      6%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com



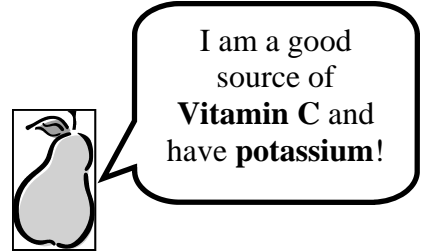
**Directions: Using the Nutrition Facts Label and information above, answer the following questions in the space provided.**

1. What is the **Serving Size** of this product? \_\_\_\_\_
2. How many **Servings Per Container**? \_\_\_\_\_
3. If there are **663 milligrams of sodium in one serving**, how many total milligrams of sodium are eaten if a person consumes all four servings?  
\_\_\_\_\_
4. Is this food item a poor, good or excellent source of **vitamin A**?  
\_\_\_\_\_
5. Is this food item a poor, good or excellent source of **vitamin C**?  
\_\_\_\_\_
6. Is this food item a poor, good or excellent source of **fiber**? \_\_\_\_\_  
(look at the percent Daily Value)
7. Do you think this is a **plant** or **animal** food? \_\_\_\_\_  
(Look at the cholesterol and fiber.)
8. Would you consider this a **healthy** food choice: Why? \_\_\_\_\_



# Pears & Adjectives

## Practice with Adjectives!



Write six adjectives that describe a pear.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Draw a picture of a pear that has been cut into  $\frac{1}{4}$ .



Draw a picture of a pear that has been cut into  $\frac{2}{4}$ .



Which fraction is bigger? \_\_\_\_\_

**Directions:** Using at least 3 of the adjectives listed above, write a paragraph about why pears are good for your body and how you plan to eat more pears. **Share this with a student and have that person share with you.**

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# Harvest of the Month

## November

### KIWIS

Content Standard: Grade 6, Writing  
1.0, Reading Comprehension 2.0,  
Algebra 2.0  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal-Setting

Draw a kiwi



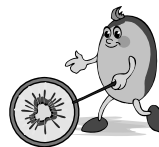
Describe kiwis: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What I learned about kiwis: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

To make sure that I eat the amount of fruit my body needs to  
 be healthy, I will: \_\_\_\_\_

### Kiwi Nutrition Facts

Serving Size: \_\_\_\_\_



_____ calories	_____ grams fat
_____ grams carbohydrates	_____ % vitamin C
_____ grams fiber	_____ % vitamin A
_____ % iron	_____ % calcium
_____ grams sugar	_____ % sodium

### Nutrition Facts

Serving Size: 2 medium kiwifruit (152g)

Calories 92

Calories from Fat 6

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Sugars 14g	
Protein 2g	
Vitamin A 3%    Vitamin C 240%    Calcium 6%    Iron 3%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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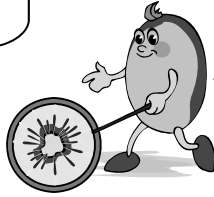
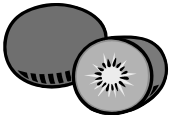
# Kiwis and Adjectives

## Practice with Adjectives!

I have fiber, which helps your body move food through your intestines!

I am full of nutrients!

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.



Write six adjectives that describe a kiwi.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Draw a picture of a kiwi that has been cut into  $\frac{1}{4}$ .



Draw a picture of a kiwi that has been cut into  $\frac{3}{4}$ .



Which fraction is bigger? \_\_\_\_\_

**Directions:** Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for your body and how you plan to eat more pears. **Share this with a student and have that person share with you.**

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# Harvest of the Month

## December

# Sweet Potatoes

Content Standard: Grade 6,  
Writing 1.0, Algebra 2.0  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal Setting



Draw a sweet potato

Describe a sweet potato: \_\_\_\_\_

\_\_\_\_\_

What I learned about sweet potatoes: \_\_\_\_\_

\_\_\_\_\_

### Nutrition Questions

Orange colored fruits and vegetables usually contain high amounts of beta-carotene, which is a form of vitamin A. Vitamin A is good for your skin, bones and vision. It can also help your body fight sickness and disease.

- How much vitamin A is found in 1 cup of sweet potatoes? \_\_\_\_\_%.
- Name three other fruits and vegetables that are orange in color.  
\_\_\_\_\_
- This week, I will try to eat \_\_\_\_\_ cups of orange colored fruits and vegetables to keep my \_\_\_\_\_ and \_\_\_\_\_ healthy.

Nutrition Facts	
Serving Size: 1 cup, cubes (133g)	
Calories 114	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377% Vitamin C 5% Calcium 4% Iron 5%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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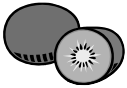
# Healthy and Fun Parties



This year, your teacher would like to have nutritious foods at your classroom parties. Let's make these parties colorful, delicious, and fun! Can you think of some foods that would taste delicious and be nutritious?



**Directions:** List in **ABC order**, seven delicious and nutritious foods and drinks that you would like to include in a classroom party this year.



*Example: Yogurt parfaits (fruit, nonfat vanilla yogurt, & granola)*



Seven delicious & nutritious foods and drinks that I would like to include in a classroom party are:



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

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



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



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

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



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

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

# Harvest of the Month

## January

### Oranges



Content Standard: Grade 6, Writing  
1.0, Reading Comprehension 2.0  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal Setting



Draw an orange

Describe oranges: \_\_\_\_\_

What I learned about oranges: \_\_\_\_\_

### Nutrition Questions

Oranges are an excellent source of Vitamin C. Vitamin C helps our bodies fight off illnesses.

- How much vitamin C is found in 1 medium orange? \_\_\_\_\_%.
- Flip back to November's worksheet on kiwifruits. How much vitamin C is found in 2 kiwifruits? \_\_\_\_\_%. Which fruit has more vitamin C per serving? \_\_\_\_\_.
- I will try to eat \_\_\_\_\_ cups of fruits and vegetables that are high in vitamin C, such as oranges, kiwis, bell peppers, strawberries, broccoli, and cantaloupe because these fruits help my body \_\_\_\_\_.

### Nutrition Facts

Serving Size: 1 medium orange (154g)	
Calories 75	Calories from Fat 2
	<b>% Daily Value</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A 8% Vitamin C 152% Calcium 7% Iron 1%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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# Fractions and Oranges



This is how my orange looks as a whole.

**Directions:** With your teacher, cut your orange into the following fractions.

When I cut my orange into  $1/2$ , this is what it looks like:

When I cut my orange into  $1/3$ , this is what it looks like:

When I cut my orange into  $3/4$ , this is what it looks like:

When I cut my orange into  $4/8$ , this is what it looks like:

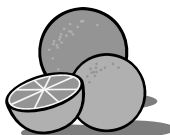
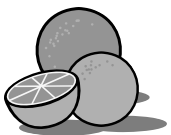
Write some equivalent fractions , decimals, or percents below.

example:  $1/4 = 2/8$  or  $.25$

$2/4 =$  \_\_\_\_\_ or \_\_\_\_\_

$3/4 =$  \_\_\_\_\_ or \_\_\_\_\_

Next week, I plan to eat \_\_\_\_\_ oranges!





# Harvest of the Month February Broccoli

Content Standard: Grade 6, Writing 1.0,  
Algebra 2.0, Reading Comprehension 2.0  
Health Ed. Standard:  
Core Concepts, Accessing Information,  
Goal Setting



Draw a piece of broccoli

Describe broccoli: \_\_\_\_\_

What I learned about broccoli: \_\_\_\_\_

To make sure that I eat the amount of vegetables my body needs to be healthy, I will \_\_\_\_\_.



## Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.

- How much calcium is found in 1 cup of chopped broccoli? \_\_\_\_\_%.
- Name at least four other vegetables that are green in color.  
\_\_\_\_\_
- This week, I plan to eat \_\_\_\_\_ green fruits and vegetables because they are good for my \_\_\_\_\_ and \_\_\_\_\_.

## Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)





# Broccoli Poetry

**Directions:** Create a poem about broccoli to share with your class using descriptive words.

**Example:**                    Corn  
Corn is yellow, crisp and sweet  
 So delicious to eat  
 It is firm, solid and bright  
 Just an absolute delight!

EAT Broccoli!  
 It is GREAT  
 for your  
 health!



## Brainstorm

List some descriptive words that can be used in your poem.

Nutritious

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Fill in the blanks to create your poem.

\_\_\_\_\_ is \_\_\_\_\_ and \_\_\_\_\_  
 So \_\_\_\_\_ to \_\_\_\_\_  
 It is \_\_\_\_\_ and \_\_\_\_\_  
 Just an \_\_\_\_\_





# Harvest of the Month

## March

### Spinach

Content Standard: Grade 6, Writing 1.0,  
Reading Comprehension 2.0, Algebra 2.0  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal Setting

Draw spinach



Describe spinach: \_\_\_\_\_

What I learned about spinach: \_\_\_\_\_

To make sure that I eat the amount of vegetables my body needs to be healthy, I will \_\_\_\_\_.



### Nutrition Questions

Spinach is a good source of vitamin C and an excellent source of vitamin A. Vitamin A can help keep your vision clear. Vitamin C can help fight off colds.

1. Name two other fruits or vegetables that you have tasted this year that are high in vitamin A.

\_\_\_\_\_

2. Why do you think it important to eat fruits and vegetables every day? \_\_\_\_\_

\_\_\_\_\_

### Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)*	
Calories 7	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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# Paragraph Practice

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

**Directions:** List adjectives that describe spinach. Think about how spinach looks, tastes, feels and smells, and why it is good for you.

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Directions:** Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.

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**Directions:** Read your paragraph to a friend!





# Harvest of the Month

## April

### Carrots

Content Standard: Grade 6,  
Writing 1.0, Algebra 2.0  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal Setting

Draw a carrot



Describe a carrot: \_\_\_\_\_

What I learned about carrots: \_\_\_\_\_

To make sure that I eat the amount of vegetables my body needs to be healthy, I will \_\_\_\_\_

### Nutrition Questions

Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fruits and vegetables have lots of fiber which help keep our digestive system healthy. Students your age need about 25 grams of fiber every day.



1. How many grams of fiber are in 1 cup of carrots? \_\_\_\_\_ grams.

2. To make sure I get plenty of vitamins, minerals, and fiber, I will try to eat \_\_\_\_\_ cups of fruits and vegetables every day.

### Nutrition Facts

Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308% Vitamin C 13% Calcium 4% Iron 2%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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# Carrots and Adjectives

## Practice with adjectives!

We are about 89% water!  
Why is water good for you?



I have fiber, which helps your  
body move food through your  
intestines!



Carrots are not only  
orange! We are  
purple, white and  
yellow too!



Write six adjectives that describe a carrot.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

Draw a picture of a carrot  
that has been cut into  $\frac{1}{3}$ .



Draw a picture of a carrot  
that has been cut into  $\frac{3}{6}$ .



Which fraction is bigger? \_\_\_\_\_

**Directions:** Using at least 3 of the adjectives listed above, write a paragraph about why carrots are good for your body and how you plan to eat more carrots. **Share this with a student and have that person share with you.**

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# Harvest of the Month

## May

### STRAWBERRIES



Content Standard: Grade 6,  
Writing 1.0, Algebra 2.0,  
Reading Comprehension 2.0,  
Health Ed. Standard:  
Core Concepts, Accessing  
Information, Goal Setting

Draw a strawberry

Describe strawberries: \_\_\_\_\_

What I learned about strawberries: \_\_\_\_\_

To make sure that I eat the amount of fruits my body needs to be healthy, I will \_\_\_\_\_.



### Nutrition Questions

Red fruits and vegetables help maintain a healthy heart and keep our memories sharp.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. Potassium is good for your heart.

- List one reason why strawberries keep your body healthy. \_\_\_\_\_
- What is your favorite way of eating strawberries? \_\_\_\_\_

### Nutrition Facts

Serving Size: 1 cup, halves (152g)	
Calories 49	Calories from Fat 4
	<b>% Daily Value</b>
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% Vitamin C 149% Calcium 2% Iron 4%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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# Doing the Math



## ORANGE JUICE PROBLEMS

1. How many ounces are there in 2 quarts of orange juice?  
.....
2. How many pints in one gallon of orange juice?  
.....
3. If 6 ounces is a serving of orange juice, how many servings are in 1 quart?  
.....
4. How many teaspoons in a gallon?  
.....
5. If one 6 ounce serving of 100% orange juice provides you with 100% of your vitamin C for the day, what percentage does a 12 ounce serving provide?  
.....

## WEIGHING THE PRODUCE

1. If there are 3 oranges in one pound, what is the approximate weight of each orange in ounces?  
.....
2. If there are about 3 whole cherry tomatoes in  $\frac{1}{4}$  cup and twelve  $\frac{1}{4}$  cup servings in a pound, how many cherry tomatoes are in a pound?  
.....
3. One pound of cucumber can yield about 3 cups. How many  $\frac{1}{4}$  cup servings can you get from 1 pound?  
.....





# Harvest of the Month

## June

### Salad Greens

Content Standard: Grade 6, Writing  
1.0, Reading Comprehension 2.0,  
Algebra 2.0  
Health Ed. Standard: Core Concepts,  
Accessing Information,  
Decision Making, Goal Setting

Draw salad greens



Describe salad greens: \_\_\_\_\_

What I learned about salad greens: \_\_\_\_\_

To make sure that I eat the amount of vegetables my body needs to be healthy, I will \_\_\_\_\_.

### Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

\_\_\_\_\_

\_\_\_\_\_

2. It is important to eat green fruits and vegetables because \_\_\_\_\_

\_\_\_\_\_

### Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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## Acknowledgements

This Harvest of the Month workbook was developed with the collaboration of ABC Unified School District's *Network for a Healthy California*, Downey Unified School District's *Network for a Healthy California* and dedicated teachers from both school districts. We would also like to thank Hawthorne School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

### Contributing Teachers from ABC Unified School District

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