



**4TH GRADE**  
**LESSON: Fruits**  
**SC STANDARD: 4.NSF.6**



It's your world.

## FRUITS

### OBJECTIVES:

- Learn about the different types of fruits and how they grow
- Understand why fruit is important for health
- Discuss how to incorporate more fruits into your diet

### LET'S GET STARTED! (10 MINUTES):

- Identify different fruits and explain how they grow
- Explain the nutritional benefits of fruit
- Discuss daily servings of fruit according to MyPlate
- Discuss differences between fresh fruits and fruit products/fruit flavored products

### ACTIVITY (15 MINUTES):

- This activity will help the students learn how to write fractions using decimal notation and read and write a decimal number as a fraction

### WRAPPING UP (5 MINUTES):

- Remind students about the importance of incorporating fruits into their diet
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

### SC STANDARDS:

- 4.NSF.6 Write a fraction with a denominator of 10 or 100 using decimal notation, and read and write a decimal number as a fraction.

### MATERIALS:

- Fruity Fractions Worksheet
- Boss' Backpack Bulletin Handout
- Pencils

## LET'S GET STARTED!

- This week we are going to talk about fruits! Ask students if they can give examples of foods that are fruits. Discuss why fruits are an important part of the diet. Explain how different fruits grow during different times of the year. Talk about how fruits grow (trees, bushes, vines, etc).

### DIALOGUE BOX

- Today we are talking about fruit! Remember that fruit is a part of the MyPlate food groups that you should eat every day. Can anyone name some foods that are fruits? (Apples, bananas, oranges, berries, watermelon)
- Fruits are Go foods! Does anyone remember what that means? They come in many different varieties and have lots of vitamins and minerals that are good for your body!
- Different fruits grow in different ways. Some grow on trees, like apples, oranges, coconuts, and pears. Some grow on bushes, like raspberries, strawberries, and blueberries. Some even grow on vines, like grapes, kiwi, and passion fruit.
- Not all fruits grow at the same time during the year. Some fruits grow best in the winter, like oranges, lemons, grapefruit, and other citrus fruits.
- Some fruits grow in the fall, like apples, cranberries, and pomegranates.
- Most fruits grow best in the spring and summer, like watermelon, raspberries, strawberries, and kiwi.
- Explain that fruit is an important part of the everyday diet. If the "Introduction to MyPlate" lesson has already been taught, remind students about the fruit section of the plate. If it has not been taught, briefly discuss that fruit is a food group that should be included in what they eat every day. Talk about ways to add fruit to your diet.

### DIALOGUE BOX

- Fruits are a very important part of what you eat every day. There is a whole section on MyPlate that suggests you should try to eat it with every meal!
- Fruits offer vitamins and minerals that other food groups don't, so it's important to eat them every day.
- You should try to get 2-4 servings of fruit daily. If you look at MyPlate, you will see that half of the plate is taken up with fruits and vegetables. They help you grow and give you special nutrients to keep you healthy. Always try to have half of your plate fruits and veggies!
- You can try to add more fruits to your diet by incorporating them into more of your meals. Try adding fruit to your cereal, oatmeal, or yogurt in the morning. You can even put fruit on waffles, pancakes, and toast! Fruit smoothies are a great way to get a lot of fruit in your daily meals! Having fruit for a snack or adding it to your lunch will help you get your daily recommended amount of fruit!

- Discuss the difference between fresh fruit and fruit flavored foods/ fruit drinks.

## DIALOGUE BOX

- While fruits are Go foods, many other things that claim to include fruit are not as healthy. Think about fruit juice or fruits canned in sweet syrup. These are both Slow, or even Whoa foods because they have been processed and have a lot of added sugars.
- Lots of fruit flavored foods, like fruit gummies, aren't even made with real fruit!
- It's always better to eat fresh fruit over anything that has been made from fruit. Even 100% juice is not as good for you as eating the fruit itself (an orange vs. orange juice, grapes vs. grape juice).

## ACTIVITY

- Distribute the fraction worksheet
- Go over how to convert a fraction to a decimal and a decimal to a fraction

## WRAPPING UP

- Ask students if there are any questions about fruits. Remind them that they need to eat fruit every day and should try to make half of the plate fruits and vegetables!
- Distribute the Boss' Backpack Bulletin and discuss the weekly goal.

## BOSS' FUN FACT

Oranges usually are not orange! The inside of the fruit is usually orange, but the outside is normally a yellow or green color. The green exterior (because it is filled with chlorophyll) turns orange when it is exposed to cold, such as in refrigerated transport.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' FRUITY FRACTIONS



1.  $0.4 =$  \_\_\_\_\_

2.  $0.82 =$  \_\_\_\_\_

3.  $0.2 =$  \_\_\_\_\_

4.  $0.27 =$  \_\_\_\_\_

5.  $0.37 =$  \_\_\_\_\_

6.  $0.8 =$  \_\_\_\_\_



7.  $\frac{6}{10} =$  \_\_\_\_\_

8.  $\frac{56}{100} =$  \_\_\_\_\_

9.  $\frac{36}{100} =$  \_\_\_\_\_

10.  $\frac{46}{100} =$  \_\_\_\_\_

11.  $\frac{9}{10} =$  \_\_\_\_\_

12.  $\frac{7}{100} =$  \_\_\_\_\_



# BOSS' BACKPACK BULLETIN

Your goal this week is to eat enough fruit! Fruits are an important part of my diet because they have lots of important vitamins and minerals I need to be healthy! Track your fruit this week on the chart below.



## YOUR FRUITS THIS WEEK:

**Monday**

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**Tuesday**

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**Wednesday**

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**Thursday**

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**Friday**

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## BOSS' BONUS POINTS: Ways to eat more fruit!

- Add fruit to yogurt, cereal, or oatmeal
- Top waffles or pancakes with fresh berries
- Eat an apple with your lunch
- Bring fruit to school for a snack
- Make a fruit smoothie for breakfast

