



Healthy School Campaign

Be Thankful for Fruits and Vegetables



Time Required: 5 Minutes Prep, 15 Minutes for Discussion

October/November:

Healthy Harvest

Goal: Students will reflect on what fruits and vegetables they are thankful for.

Objectives:

- Learn the meaning of harvest, gratitude, and being thankful.
- Participate in a classroom discussion about favorite fruits and vegetables.

Prep: Photocopy the attached pumpkin activity sheet. Choose either a classroom pumpkin or individual pumpkins.

- Classroom pumpkin: 1 pumpkin sheet, preferably in orange or yellow color
- Individual pumpkins: 1 pumpkin sheet per student

Directions:

1. Introduce the vocabulary word(s): "Thankful" (best for lower grades) and/or "Gratitude" (best for upper grades). Ask students about what they think it means.
 - **Thankful:** *adjective:* feeling or showing thanks
 - **Gratitude:** *noun:* the quality of being thankful; readiness to show appreciation for and to return kindness.
2. Inform students that this time of year is when many fruits and vegetables are ready to pick, including pumpkins. These fruits and vegetables have been growing and are now ready for us to harvest from the garden and eat. The time when we harvest is when the foods taste their best, and when their vitamins are most available.
3. Ask students, "What fruit or vegetable are you thankful for? Why are you thankful for that?"
 - Have students Think-Pair-Share about a fruit or vegetable that they are thankful for.
 - Students will answer using the sentence frame: "I am thankful for (fruit or vegetable) because _____."
4. To fill out the pumpkin, choose one of the following:

If using only one pumpkin worksheet per class:

 - Lower grades: Take a vote in the class to see what the top fruits and vegetables are. You can choose the food with the most votes, or the top three. Students may write or draw the winning fruits and vegetables on the pumpkin. Fill out the blank with your room number.
 - Upper grades: Have each student write one of their favorite fruits or vegetables somewhere inside the pumpkin. Remind students to leave space for others to write. This can be passed around during discussion or used as an activity between other lessons. Fill out the blank with your room number.

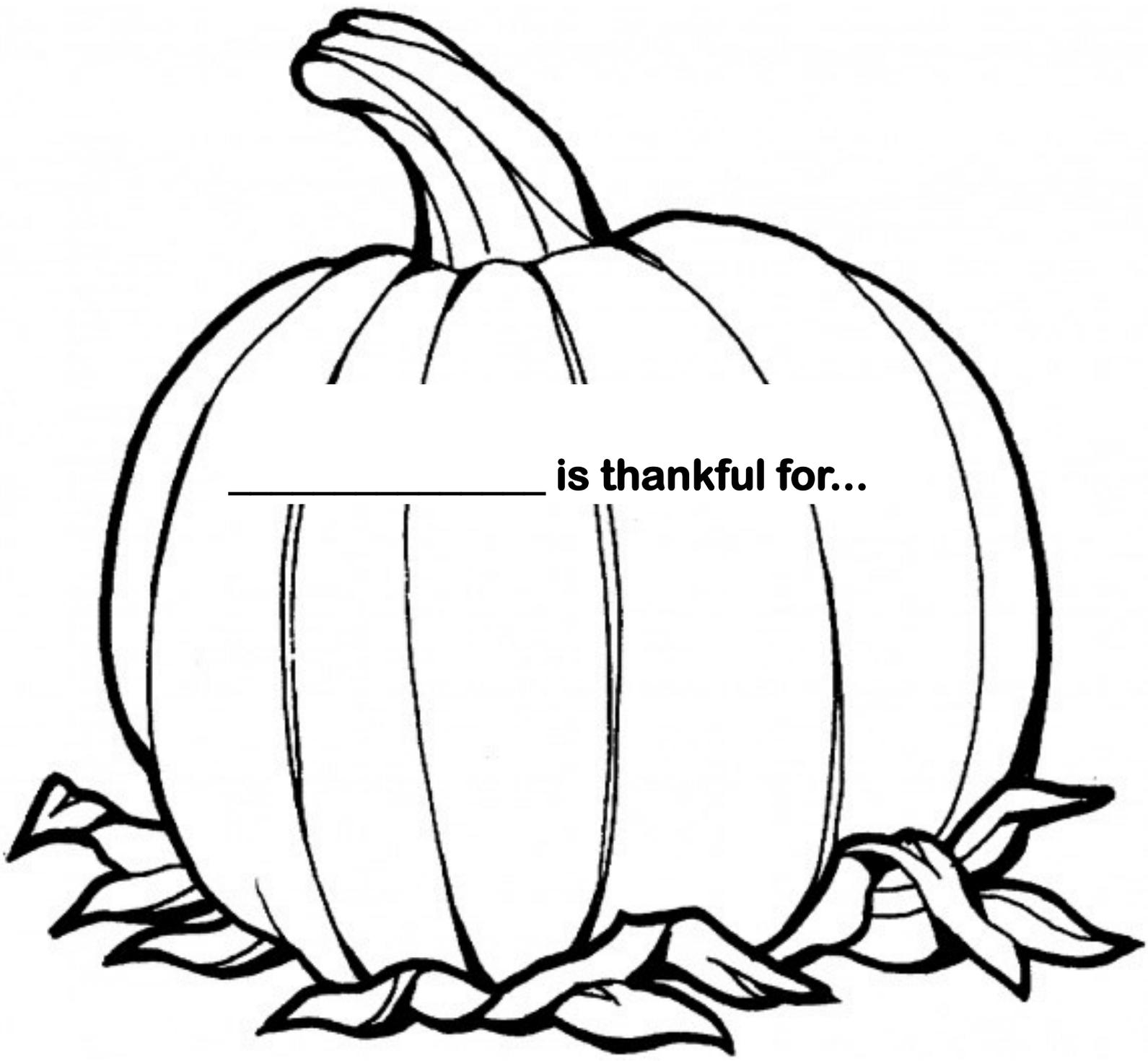
If using one pumpkin worksheet per student:

 - Students will fill their name in the blank. They may use the entire space to write or draw the fruits and vegetables they are thankful for.
5. To display the pumpkin(s):
 - Pumpkins can be displayed in the classroom or on a school-wide bulletin. Contact your Harvest of the Month liaison to see if there is a bulletin board designated for a pumpkin from each classroom.

Extensions

1. Students can draw a picture, write a story, or describe a memory of when they were thankful for a fruit or vegetable.
2. (Best for upper grades) Discuss the following: How can you show gratitude for having fruits and vegetables?





_____ is thankful for...