

# JANUARY

Variety: The Spice of LIFE!  
Mmmmm

Nutrition Notebook:

Why Are Fruits and Vegetables Important?

## Lesson Overview:

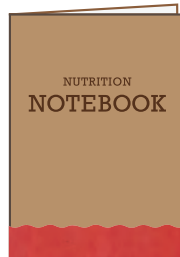
Students will create a written response to a prompt related to the content covered in the “Variety: The Spice of Life!” unit.



Time Required: 20 minutes

## Writing Prompt

Write a “Nutrition Tip of the Day” that could be read during the morning announcements. Use the tips you have heard during the past few months to tell the rest of the school how important it is to eat fruits and vegetables. Think about the following questions as you are brainstorming ideas for your announcement:



✱ Why do our bodies need fruits and vegetables?

✱ Where can you and your families purchase fruits and vegetables?

✱ Do you have to have fresh fruits and vegetables or can you select canned, frozen or dried for additional variety?

✱ How do you like to eat your fruits and vegetables?

