



Dear Educators,

The Dole Nutrition Institute (DNI) aims to “Feed the World with Knowledge” through nutrition research and education. We harvest the latest findings from our own global laboratories and universities around the world to bring you a cornucopia of useful information through magazines, brochures, newsletters, articles, our website and videos.

In 2006 and 2007, the Dole Nutrition Institute donated 50 full-service portable salad bars to California-based K-12 schools.

As part of our ongoing commitment to nutrition education, we have put together this Teacher’s Toolkit. You’ll find a variety of nutrition facts, tips, lesson plans and activities designed to help increase your “nutrition know-how.”

Thank you for being a part of a wonderfully beneficial program.



## Guidelines For Your Required Fruits & Vegetables

Eating 5 to 9 servings of fruits and vegetables is easy, especially if you have a plan. The following guidelines can help you develop a plan for fitting in the required amount of fruits and vegetables every day.

- At every meal and snack eat at least one serving of a fruit or vegetable.
  - Start your morning off with a glass of 100% fruit juice. Just 3/4 cup or 6 fluid ounces counts as one serving.
  - For a morning snack, eat a piece of fresh fruit, such as a banana, apple, orange or pear. A medium piece of fruit counts as one serving.
  - Eat a large salad with your lunch. A large salad with 3 cups of mixed greens counts as three servings.
  - For an afternoon snack, munch on raw vegetables like celery sticks or baby carrots. A handful of celery sticks or baby carrots count as one serving.
  - For dinner, eat a dark green leafy vegetable, such as broccoli or spinach. Just 1/2 cup of any cooked vegetable counts as one serving.
  - For an evening snack, choose dried fruit like raisins or dried plums. Just 1/4 cup of dried fruit counts as one serving.
- Every day, eat at least one fruit or vegetable rich in **Vitamin A**, such as cantaloupe, carrots, sweet potato, spinach or broccoli.
- Every day, eat at least one rich fruit or vegetable rich in **Vitamin C**, such as orange juice, grapefruit, fresh pineapple, green pepper or cauliflower.
- Every day, eat at least one high fiber fruit or vegetable, such as apples, grapefruit, or broccoli.
- Several times each week eat cruciferous (aka cabbage family) vegetables like broccoli, cauliflower, Brussels sprouts or cabbage.



## Serving Sizes

Here are some general guidelines about what counts as a serving of fruits and vegetables:

	1 small to medium-sized piece of fruit
	1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices
	1/2 cup (8 fluid ounces) 100% fruit juice
	1/4 cup dried fruit (e.g. raisins, dried apricots, prunes)
	1 cup raw, leafy vegetables (e.g. lettuce, spinach) or salad
	1/2 cup cooked or canned vegetables
	1/2 cup (8 fluid ounces) 100% vegetable juice



## **Fun Facts**

Here are fun and interesting facts about some of the most popular fruits and vegetables for you to share with your students!



### ***Bananas***

- Contrary to popular belief, bananas do not grow on trees. They actually grow on plants that are giant herbs! And the clusters of bananas grow pointing upwards, not down.
- Bananas have grown on the planet for more than 1 million years!
- Bananas are the most popular fruit in the United States, with an average of 28 pounds eaten by the average American each year!
- Bananas are a good source of Vitamin C, fiber, and potassium.



### ***Blueberries***

- Blueberries are native to North America.
- Blueberries get their intense blue color from anthocyanins, substances that may reduce risk of heart disease in humans.
- One-half cup of blueberries counts as one serving of fruit and contains just 40 calories.
- Blueberries are a good source of vitamin C and vitamin K.



### ***Broccoli***

- Vegetables from the Brassicaceae family all share a common feature. Their four-petaled flowers bear the resemblance to a Greek cross, which explains why they are frequently referred to as crucifers or cruciferous vegetables.
- California is broccoli country—more than 90 percent of the nation's broccoli crop grows here!
- One serving of broccoli is a good source of vitamin C and vitamin K.
- Broccoli contains carotenoids and flavonoids, phytochemicals that fight to protect your health!



### ***Pineapple***

- Of all the New World discoveries of Columbus, pineapples were the fruits that caused the biggest stir back home.
- James Dole first planted pineapple in Hawaii in 1901
- Pineapples contain bromelain, an enzyme that's been shown to reduce inflammation in joints

## **Tips for Creating a Healthy Classroom**



You can encourage your students to eat more healthfully by making it a focus throughout your classroom and curriculum. Here are some ideas for creating a healthy classroom:

### ***Set a Healthy Snack and Celebration Policy in your classroom.***

At the beginning of the school year, tell your students about the policy, and be sure to have a handout your students can take home to their parents.

Encourage your students to bring fruits and vegetables for snacks and classroom parties. We've given some recipes for foods that can be prepared for classroom parties. If healthful eating is encouraged in your classroom, it will start to happen in other places.

### ***Incorporate one Healthy Foods event into your curriculum each month.***

Events can include having a Healthy Foods Party to celebrate a holiday (Halloween, Mardi Gras, etc.), going on a Supermarket Tour, or visiting a local orchard or farm.

### ***Conduct monthly taste tests in your classroom to help introduce your students to new fruits and vegetables.***

Local supermarkets may be willing to donate produce, or local businesses may be willing to sponsor your efforts to help your students eat better

### ***Survey your class to see what their favorite fruits and vegetables are.***

Invite the school foodservice director or manager into your classroom and let your students tell why they like these fruits and vegetables best. The goal is to get the foodservice director to serve more of the favorite fruits and vegetables.

### ***Display colorful fruit and vegetable posters, pictures and artwork in your classroom.***

Having your students create the art lets them express what their favorite fruits and vegetables are.

### ***Use the Healthy Activity Sheets.***

Feel free to use the following Activity Sheets to help your kids reach their healthy goals!

**To find even more for your students, visit us at  
[www.dolesuperkids.com](http://www.dolesuperkids.com)**