

Fruits: Teacher Guide

Objective: To provide information on how to select and store fruit and ways to add more fruit to meal plans.

Sample ANCHOR questions for participants:

“What kinds of fruit does your family like to eat?”

“What kinds of things influence your choice of fruits?”

“What kinds of things influence your choice of fruits for your family?”

“Where do you buy most of your fruits?”

If during your discussion involving your ANCHOR questions your participants did not suggest topics they would like to learn about today you may want to ask:

“What kind of information would be useful to you or your family about fruit?”

Background Information - Choose the appropriate information below to **ADD** to your lesson.

The importance of fruit in the diet

Fruit and 100% fruit juice are important for a healthful diet. They are low in fat and sodium. Whole fruit is also a good source of fiber.

Vary your fruit choices.

- Different fruits are rich in different nutrients.
- Add fruits of different colors to your meals each day.

Eat at least 2 cups* (4 servings) of fruits every day.

A serving of fruit is:

- 1 small fruit
- 1/2 cup of chopped, cooked, frozen, or canned fruit
- 1/4 cup dried fruit
- 1/2 cup fruit juice

*The recommendation of 2 cups of fruit every day is based on a 2,000 calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.

Whole fruits are good sources of fiber.

- For example, one small pear with skin has 4 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories consumed each day.

Selection

- All fruits are good for you – fresh, canned or frozen. Choose the fruits you and/or your family members like best and those most economical.
- Choose whole pieces of fruit often. Most fruit juices contain no fiber and are high in sugar so limit the amount you drink.

- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup or drain the syrup from the can.
- Eat fruits high in vitamin C, such as citrus fruits (grapefruit, orange, tangerines, lemons, limes) melons, and berries regularly.
- Only 100% fruit juice can be counted as a serving of fruit. Fruit **drinks** and fruit **punches** contain little or no fruit juice so they do **not** count as a serving of fruit.

Citrus Fruits

oranges
tangerines
grapefruits
lemons
limes

Melons

watermelon
cantaloupe
honeydew melon

Berries

strawberries
blueberries
raspberries
blackberries

Exotics

Kiwi
Papaya
Mango

Others

apples
apricot
banana
grapes

pineapple
pear
nectarine
peach

When shopping for fresh fruit:

- select small-sized fruits, they usually cost less, they are a single-size serving and are just as nutritious as the larger fruits.
- do not buy bruised or damaged fruit. Mold will grow quickly on bruises and cuts. Cutting away brown spots are a waste of fruit and a waste of money.
- buy fruit in season, they are fresher, cheaper and more nutritious.

In-Season Fresh Fruits (Imported and Locally Grown)

Spring

strawberries
papaya
grapefruit
bananas
mango

Summer

cherries
peaches
plums
watermelons
cantaloupe
blueberries
raspberries
bananas

Fall

apples
pears
grapes
bananas
cranberries
kiwi fruit

Winter

oranges
grapefruit
apples
bananas
grapes

Fruit Serving Tips

Breakfast Is a good time to eat fruit.

- Drink fruit juice such as orange juice, grape juice or grapefruit juice.
- Add fruit to cold cereal. Try sliced bananas, raspberries, kiwi fruit, blueberries, strawberries, canned peaches or fruit cocktail.
- Add applesauce, raisins and/or banana slices to a bowl of hot cereal such as oatmeal or cream of wheat cereal.
- Top pancakes and waffles with berries, canned fruit or applesauce. Add a grated apple and a dash of cinnamon to pancake or waffle batter.

Lunch and Dinner are also great times to add fruit to meals.

- Chill cans of peaches, pears or mixed fruit for lunch.
- Try a mixed fruit salad for lunch.
- Add slices of summer melon to your lunch.
- Serve applesauce or cranberry sauce as a side dish.
- Try fruit sorbet or frozen fruit yogurt for dessert.
- Eat sliced fresh fruit or berries topped with sweetened yogurt for a quick dessert.
- Drink juice instead of soft drinks with meals.

Snack Time

- Put an apple or banana in your pocket or bag for a quick snack.
- Freeze grapes for a cold snack.
- Freeze pieces of your favorite fruit and process in a blender with a cup of milk for a quick fruit smoothie.
- Carry dried fruit for a quick snack.
- Keep a bowl of raisins, cherries or grapes on the kitchen counter for quick, easy snacks.

How to Handle Fresh Fruits

Most fresh fruit is picked for shipment to supermarkets before it is ripe. Many people do not buy fresh fruit unless it is already ripe. Some green or under ripe fruit can be ripened at home.

Some fruits will ripen outside of the refrigerator, but some will not. Some of the fruits that you can ripen at home are listed below.

Ripen these fruits at home:

Avocados	Honeydew melons	Plums
Papayas	Mangos	Pineapples
Banana	Nectarines	Tomatoes
Persimmons	Peaches	
Cantaloupe	Pears	

1. Speed up the ripening by placing fruit in a large **paper** bag.
2. Punch several holes in the **paper** bag.

3. Make sure the fruit is in a single layer. Do not stack pieces of fruit on top of each other.
4. Fold the top of the bag over.
5. Leave the bag on the counter top while the fruit ripens.
6. Check the fruit every day to see if it is ready to eat.
7. When fruit is ripened eat what you like and refrigerate the rest.

Most fruit will ripen in 1-2 days. The coolness of the refrigerator will keep the ripened fruit fresh for several days.

Quickly refrigerate the fruits listed below. They do not ripen any more after they have been picked.

Refrigerate these fruits for freshness

Apples	Pomegranates	Oranges
Blueberries	Raspberries	Lemons
Cherries	Strawberries	Limes
Cranberries	Tangerines	Blackberries
Grapes	Watermelons	Gooseberries

No Special Treatment For Bananas

Bananas are always picked when they are green. They do not need any special care to ripen. They go from green to yellow in a few days. The brown speckles on bananas are called “honey spots.” When a banana has honey spots, it is very sweet and ready to eat. Bananas can be stored in the refrigerator after they ripen. The skin will turn dark brown or black but the banana inside will be fresh.

Keep It Safe.

- Clean fresh fruits before preparing or eating them. Rinse fruits under clean running water and rub briskly with hands.
- Store fresh fruits away from raw meat, poultry and seafood while shopping, preparing, or storing.
- Store canned foods in a cool, dry place.
- Store canned tomatoes and fruit up to 18 months; canned meat and vegetables 2 to 5 years.
- Never use or taste food from containers that are leaking, bulging, or badly dented cans; cracked jars or jars with loose or bulging lids; canned food with a foul odor; or any container that spurts liquid when opening.

Activities (APPLY)

1. **Count up your servings.** Begin by asking participants to think about the food they ate yesterday. ***“Think about dinner you ate, did you eat any***

fruit”? Ask the participants which fruit they ate. Go through lunch, breakfast and snacks the same way.

2. ***“If you do not eat a variety of fruit or several servings each day let’s talk about how to eat more fruit and a greater variety of fruit.”*** Find out why individuals don’t eat fruit or several servings each day. As a group, brainstorm solutions to help those individuals eat more fruit. For example, if the cost of fresh fruit is a concern suggest canned fruits are very nutritious and often cheaper than fresh or frozen fruit.

3. Fruit Cryptogram

Handouts (AWAY materials):

Fresh Fruit

How to Handle Fresh Fruits

Plan to Eat More Fruit

Fruit Recipes

How to Eat More Fruits & Vegetables

Make Healthy Changes to your Diet

Fall Fruit & Veggie Recipes

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