

Ask Me What I Ate Today Bracelet

Grade Level: PreK-5

Activity Type: Art

Objective:

- To encourage students to discuss with peers and teachers the new fruits and vegetables they try with Fresh Fruit and Vegetable Program.
- To have students share information about fruits and vegetables with parents and family.

Rationale: This activity will help students remember the names of the produce items they sample. Class lessons or reading time to learn more about each fruit or vegetable will help them better understand its history, life cycle, and nutritional make-up. After learning about each item, they will be able to tell peers, teachers, and parents what they ate and information about the item.

Materials:

- Copies of “Ask Me What I Ate Today” bracelets cut into individual bracelets
- Stapler, stickers, glue stick

Directions:

- On FFVP days, give students who try the produce item a bracelet to wear around school and take home.
 - o They should write the item they tried somewhere on the bracelet.
 - o Bracelets can be attached with staples, glue, or stickers.
- Throughout the day, teachers and school staff should ask students about what they tried. At home, family will hopefully ask about the bracelets as well.
- Have students save the bracelets for their favorite items over a period of time. Then, compare the bracelets to see which items were most popular.