



MIX IT UP

who: *1st - 5th and 6th - 8th graders

when: lunchtime Thur. Feb. 21st

where: Franklin cafeteria

why: to explore delicious, nutritious FRUITS from MyPyramid, promote healthy eating, and enjoy MIX IT UP activities

how: with MS student leaders and School Health Advisory Council as facilitators

***Student leaders will bring class envelope to you by 11:15 to distribute MIX IT UP cards to your students. Please have students “buddy up”, hold onto cards, and walk to cafeteria with student leaders. 1st - 5th graders will sit at lunch tables with color-coded signs that match their cards. Student leaders will eat lunch with your students and facilitate MIX IT UP activities.**

Student with fruit on their card, count different types of fruit for lunch at your table. Write total on index card and attach to MyPyramid poster.

Table group activity:

- 1. Attach example of how fruit representing your table can be eaten and enjoyed to table sign so all students can see the different ways to eat and enjoy **fruits**.**
- 2. Ask students, “Have you ever eaten **raspberries**?”**
- 3. Ask for examples of how students at your table have eaten and enjoyed this type of fruit. Add as many delicious ways to eat **raspberries** as students describe to list below.**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

After this paper is complete, attach it to your table sign, and raise your color cards. MIX IT UP leader will call your table group to the Jamba Juice table to get 100% Fruitful Smoothies.

Enjoy. Toss empty cups into buckets to be recycled.

MyPyramid challenge:

What's your table group's total number of FRUITS for lunch today? Write on index card.

Read examples of how _____ can be eaten and enjoyed. Can you think of any more ways to eat and enjoy this type of fruit?

List all the ingredients you think are in the following Fruitful Smoothies.

Strawberry Whirl

Peach Perfection

Check the Jamba ingredients list and nutrition facts. Raise this paper when you have identified 3 or more essential nutrients.

A MIX IT UP leader will call your table group to the **Jamba Juice** table to get a 100% Fruitful Smoothie.

Enjoy. Toss empty cups into buckets to be recycled.