

# Fruit and Vegetable Program 2013/2014:

## October/November



### Fun Facts!

#### Apples:

- Did you know that apples also help your teeth by stimulating the gums to produce more saliva?
- Apples are 94% water.
- There are 6,500 varieties of apples.

#### Cucumbers:

- "Cool as a Cucumber" Did you know that the inside temperature of a cucumber can be up to 20 degrees cooler than the outside air.
- Cucumbers are made up of 96% water.
- Cucumbers have been found in India for about 3,000 years.
- Cucumbers belong to the same family as pumpkins, zucchini, and melons like watermelon.

*fruitsandveggiesmorematters.org*

### Classroom Connections:

1. Read about the legend of Johnny Appleseed or have the students make up one of their own.
2. Use descriptive words to examine the snack. Say one word that comes to mind when you think of cucumbers
3. Talk about percentages and fractions while passing out the snack.
4. Check out this website for Farm to School lesson plans!

<http://growing-minds.org/lesson-plans/>

	Mon.	Tues.	Wed.	Thurs.	Fri.
10/21	Yellow Squash	Grapes	—	Red <b>Apple</b> Slices	No School
10/28	Honey Dew Melon	Green <b>Apple</b> Slices	—	Cauliflowette	Red <b>Apple</b> Slices
11/4	Green Grapes	Jicama	—	<b>Apple</b> Combo	Mini Carrots
11/11	Mixed Fruit	Radishes	—	<b>Cucumber</b> Slices	<b>Apple</b> Slices
11/18	Pineapple Chunks	Zucchini Moons	—	Carroteenies	Grape/ <b>Apple</b> Combo
11/25	Orange Wedges	—	—	No School	No School
12/2	Honey Dew	Green Grapes	—	<b>Cucumber</b> Slices	Red <b>Apple</b> Slices