

11) FRUIT & VEGGIE POWER SHIELD!



Teacher Directions

Objective: Students will create their own **Fruit & Veggie Power Shield** to remind them of the protective qualities of these healthy foods.

Directions:

Discuss with students what a shield is used for, such as for protection. Give examples of how shields have been used throughout history to help protect soldiers. Then, talk about the protective qualities of fruits and vegetables. Have students draw pictures of their favorite fruits and vegetable onto the shield on their activity sheet. Just like Popeye eats his spinach whenever he needs extra strength, in this activity children will learn to eat fruits and veggies for the special health protection these foods provide. Then, have students discuss why they chose the foods they did.

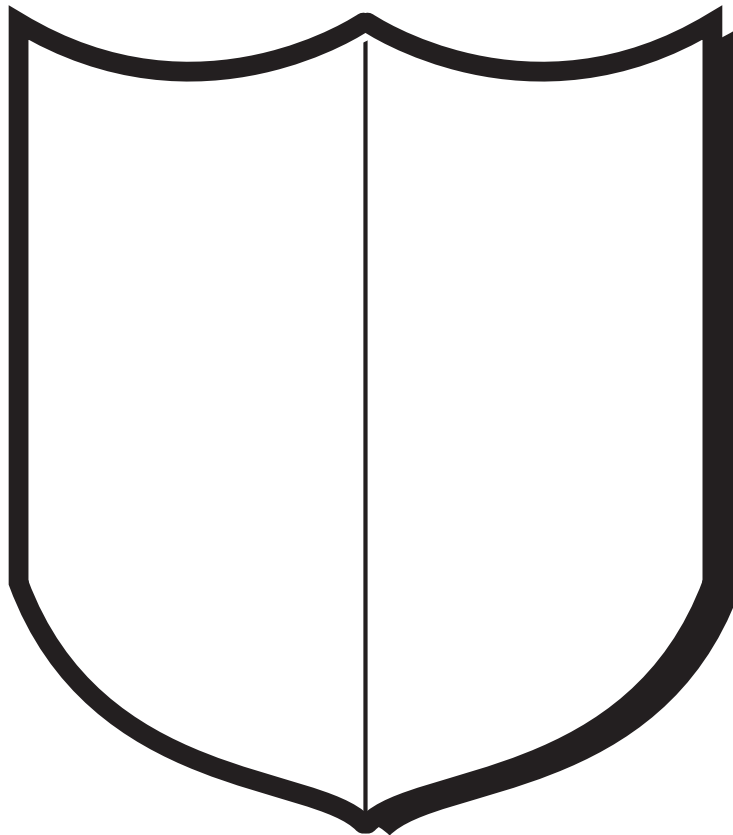
Or, have students create their own full-size shield out of cardboard. Have them draw or paint their favorite fruits and vegetables or make collages by cutting out pictures from magazines and newspapers. Daily newspapers sometimes have supermarket circulars with full color pictures of foods which you can collect for this activity.

Art

Language
Arts

Health

Lower



11) FRUIT & VEGGIE POWER SHIELD!



Name: _____

Create your own protective **Fruit & Veggie Power Shield!** Draw pictures of your favorite fruits and vegetables on your shield below. Just like Popeye ate his spinach whenever he needed extra strength, we hope you remember to eat fruits and veggies for the extra health protection these foods provide!

