

Try for 5 Tracker Discussion Questions

For each day of the PowerUp School Challenge, use one of the following classroom discussion questions to talk about fruits and veggies with your students. Feel free to modify the questions for your class, as needed.

Week 1

1. Who can name five different fruits and veggies?
2. I'm looking for someone who can name all of the colorful fruits and veggies we tried together in our classroom. What was your favorite?
3. Tell the person next to you about a yummy fruit or veggie you tried today. What did you eat? What did it taste like?
4. Jump in place 5 times if you tried a Groovy Green vegetable.
5. Do a little dance if you tried, tracked and powered up with fruits and veggies this whole week.

Week 2

1. Stomp your feet as fast as you can if you tried an Awesome Orange or Yellow vegetable or fruit. What was it?
2. I'm looking for someone who can tell me three different colors of peppers.
3. Name that veggie: I can be purple or green, grow on the ground, and we tasted it in our classroom last week. (answer: cabbage)
4. Clap your hands over your head if you made a recipe from your Family Magazine? What did you make?
5. I'm looking for someone who tried a Wonderful White or Brown fruit or veggie. What was it?

Week 3

1. Wave your hands in the air if you tried a fruit or veggie they have never had before. What was it?
2. Name that fruit or veggie: I am green and super cool. I grow on a vine and can be made into pickles! (answer: cucumber)
3. Let's work together and try to name as many Rockin' Red fruits and veggies as we can!
4. Who has tried fruits or veggies from all the different rainbow colors? Turn to a neighbor and tell them what color your favorite fruit or veggie is.
5. What did you like about trying for five fruits and veggies? Will you try for five after the challenge?

