



SOCIAL EMOTIONAL LEARNING

FRUITS AND VEGETABLES FOR ALL!

Objective:

In this activity, students will watch a short video and talk about the importance of eating fruits and vegetables. They will also consider what it might be like to not have access to fresh food and will brainstorm ways to support people living this experience.

MATERIALS

- [Video](#)
- [Discussion Questions](#)
- [Smart board/projector](#)

Activity Duration: 15-20 minutes



INSTRUCTIONS

1. As a class, watch the “*Creative programs in food deserts teach kids valuable lessons*” video. Pause and discuss the following questions at each pause point listed below.
 - a. Pause at 0:20
 - i. Why do you think it might be hard for some people to get fresh fruits and vegetables?
 - ii. How do you think these people who can't get fresh fruits and vegetables feel?
 - b. Pause at 1:11
 - i. Have you ever gardened before? What was it like to harvest your own food?
 1. If no students have gardened: What do you think it would feel like to harvest and eat your own food?
 - ii. Why is it healthy for us and for the environment when we eat fresh, local fruits and vegetables?
 - c. End of Video
 - i. How can we help people who don't have access to fresh fruits and vegetables?
 - ii. The changing climate will make it harder for farmers to grow and harvest certain fruits and vegetables. What can WE do to make sure there are plenty of fruits and vegetables for everyone?