

FFV Snack Program the Alphabet Way

Give your program structure by using the fruit or vegetable name, its color, its growing area, or a descriptive adjective. Varieties of products like apples give you a multiple of options: Fuji, Cameo, Honeycrisp, Granny Smiths, Gala, Braeburn, Red Delicious, Golden Delicious, Empire, MacIntosh to name a few.

Involve the English, Social Studies, Reading and Art teachers in a total school effort for teaching Health and Wellness.

Have fun with fruits and vegetables by having an alphabet theme. You can schedule a week or month based on eating from A to Z.

You will have to use your imagination and use descriptive words to achieve your goal. Examples are:

Red apples, green apples, gold apples.

Washington apples, Michigan apples
New York apples, Virginia apples

Incredibly crisp apples
unique Gala apples
ultra crisp apples
quirky sweet apples
zesty apples

The idea is to avoid being too predictable. Get the English teacher or Social Studies teacher involved and make it fun for the students.

AND GOOD LUCK WITH "X"

Apples Apricots Avocadoes Asparagus
Bananas boysenberries blueberries broccoli
Carrots Cantaloupe Cauliflower Celery Clementines
Dark Sweet Cherries dates
Eggplant Edamame

Figs
Grapes Grapefruit
Honeydew
Iceberg Lettuce

Jack Fruit Jicama
Kiwi Kale

Mango Mushroom Melon Mango
Nectarines

Oranges
Pineapple Pears Peach Plum Papaya
Quince
Raspberries Radishes
Strawberries Satsuma (orange)
Tomatoes (grapes)
Ugly Fruit

Vegetables
Watermelon
Xiquima
Yams

Zucchini Zespri (gold kiwi)

