

## Take-home Handout

# BLUE AND PURPLE FRUITS AND VEGETABLES



## *Health benefits*

Blue and purple produce are rich in antioxidants and can prevent early signs of aging as well as heart disease.

## *Fun Facts*

- You can use purple cabbage and blueberries to make purple dye!
- One blueberry bush can yield up to 6000 blueberries per year.

### **Fruit**

- Blueberries
- Blackberries
- Plums
- Grapes
- Figs

### **Vegetables**

- Purple Cabbage
- Eggplant
- Purple Potatoes

## Lesson 1.1: Blue & Purple Fruits and Vegetables

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### OBJECTIVES

- Children will learn to identify blue and purple fruits and vegetables
  - Children will understand the benefits of eating blue and purple fruits and vegetables
  - Family members will be introduced to the benefits of blue and purple produce and will learn various ways they can incorporate it in meals
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### MATERIALS

- Color Categorizing Handout for Children
  - Flat Blueberry Handout for Children
  - Blue & Purple Fruits and Vegetables Take-home Handout for family members
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### ACTIVITIES

1. The teacher will play the first 1:24 of the Bubble Guppies Fruit and Vegetable song found here: <https://www.youtube.com/watch?v=72N2vrqsvlQ>
2. The teacher will lead a class discussion using the following questions for guidance:
  - a. Does anyone remember a fruit or a vegetable from the Bubble Guppies song?
  - b. Where do fruits and vegetables come from?
  - c. Why do you think fruits and vegetables are important to eat?
  - d. Can anyone name a blue or purple vegetable?
  - e. What's something you have for lunch that has fruits or vegetables in it?
3. The teacher explains that:
  - a. Farmers grow fruits and vegetables in nature with sun and water. Sometimes they grow in the ground and sometimes they grow on trees or in bushes. One blueberry bush can grow up to 6000 blueberries per year<sup>1</sup>. That's a lot of blueberries!
  - b. Fruits and vegetables are a great thing to eat because they give us vitamins and nutrients.
  - c. Blue and purple fruits and vegetables make our heart strong and are good for our mind<sup>2</sup>.
  - d. Blueberry banana oat muffins and blueberry oatmeal are both menu items that have blue fruit.
4. The children are given the Color Categorizing worksheet and put into groups of 4. They have to work together and circle the fruits and vegetables that are blue or purple in color. Once the students are finished, the teacher shares the correct answers.

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<sup>1</sup> Source found [here](#)

<sup>2</sup> Source found [here](#)

### TAKE HOME ACTIVITIES

- The teacher provides a Blue & Purple Fruits and Vegetables Take-home Handout for the parents and other family members.
- BGP team records a cooking tutorial that incorporates the theme of the lesson plans into the recipes prepared. This lesson, Greg Christian, CEO of BGP, demonstrates how to prepare blueberry muffins and roasted purple potatoes. Recipes are provided to families so they can cook alongside Greg.
- BONUS ACTIVITY: free downloadable vegetable coloring book found [here](#)<sup>3</sup>.

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<sup>3</sup> Sourced found [here](#)

## Flat Blueberry

Directions: Print and cutout your Flat Blueberry (spin off of Flat Stanley). Glue it on a piece of cardboard or popsicle stick. The goal is to take pictures making dinner, having a healthy snack or eating at the dinner table with your Flat Blueberry throughout the week at home with your family!



# Color Categorizing Handout



Purple Grapes



Cherry



Orange



Watermelon



Strawberry



Purple Potatoes



Kiwi



Green Pea



Beets



Blueberries



Tomatoes



Cabbage

# Roasted Purple Potatoes

## INGREDIENTS

- 1 ½ lbs. baby purple or red potatoes halved
- 1/4 cup olive oil
- 2 tsp garlic minced
- 2 tsp salt
- ½ tsp pepper
- 1 tsp Italian seasoning optional
- ¼ cup finely grated parmesan cheese optional
- 2 tbsp. chopped fresh parsley optional
- cooking spray

## INSTRUCTIONS

1. Preheat your oven to 400 degrees F. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the potatoes in a large bowl. Add the olive oil, garlic, salt, pepper, Italian seasoning and parmesan cheese. Toss to coat.
3. Spread the potatoes in a single layer on the prepared baking sheet. Bake for 35-40 minutes or until golden brown and fork tender. Sprinkle with parsley and serve.

## NOTES:

This recipe is from <https://www.dinneratthetoo.com/>



# Blueberry Muffin Recipe

## INGREDIENTS

- ½ cup butter room temperature
- 1 cup white sugar
- 2 eggs
- 1 tsp vanilla
- 2 tsp baking powder
- ¼ tsp salt
- 2 cups flour
- 1 cup milk
- 1 ½ cups fresh or frozen blueberries
- cooking spray

## INSTRUCTIONS

1. Preheat your oven to 375 degrees F and line 18 muffin cups (you may also use cooking spray and grease 18 muffin cups).
2. In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.
3. In the bowl of a stand mixer (or another medium bowl), beat the butter on medium-high speed until soft and creamy. Add the sugar and beat until the mixture is pale yellow and fluffy (about 3 minutes).
4. Add the eggs, one at a time, beating after each to incorporate. Mix in the vanilla.
5. Add half of the flour and mix on low until combined. Add half of the milk and mix. Repeat with the remaining flour mixture and milk.
6. Use a spatula or wooden spoon to fold the blueberries into the batter.
7. Scoop the batter into the 18 prepared muffin cups.
8. Bake for 18-22 minutes, until the tops are lightly browned and a toothpick inserted into the center of a muffin comes out clean.

## NOTES:

This recipe is from <https://www.kitchentrials.com/>

