A Sweet Deal
If you like sweet snacks, you will love fruit *

Objective: To learn that people who enjoy sweet snacks will enjoy fruit, and to start eating a variety of fruits everyday.

Warm-Up Questions:
1. Think of some sweet snack foods you enjoy. What types of fruits could you eat instead?
2. Why do you think many people don’t eat the recommended amount of fruit each day? What advice would you give them?

Blackboard Plan:

<table>
<thead>
<tr>
<th># number of sweet snacks eaten yesterday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Lovers</td>
</tr>
<tr>
<td>Vegetable Lovers</td>
</tr>
</tbody>
</table>

Activity:
1. Have each student classify themselves as being a “fruit lover” or a “vegetable lover”.
2. Have each student tally the number of sweet snacks they ate yesterday (including desserts, candy, etc.) on the board under the appropriate column.
3. Discuss the results.

Discussion Questions:
1. If your friend is trying to eat healthier but loves sweet snacks, what suggestions would you give him?
2. What creative ways could you incorporate fruit into your diet?

Take-Away Facts:
1. Fruit is a great alternative to sweet snacks.
2. If you like to eat sweet foods, you will like to eat fruit
3. Eating fresh fruit after dinner instead of a sugary dessert is a healthy change you can easily make.


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