

Separating Fruits and Vegetables at Meals and Snacks

**CACFP iTrain
Simple Lesson Plan**

Separating Fruits and Vegetables at Meals and Snacks

iTrain Lesson

EXECUTIVE DIRECTOR

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Target Audience: CACFP personnel and other child care staff

Description: This lesson explores how to serve a variety of fruits and vegetables, whether they are served as a single component or separated into two components, through the Child and Adult Care Food Program (CACFP).

Institute of Child Nutrition The University of Mississippi

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Lesson-at-a-Glance

Time	Topic	Activity	Materials
Introduction:			
5 minutes	<ul style="list-style-type: none"> Introduction and Overview 		<ul style="list-style-type: none"> PowerPoint Presentation Computer Pen or Pencils
Objective: Explore how to serve a variety of fruits and vegetables, whether they are served as a single component or as two components.			
15 minutes	<ul style="list-style-type: none"> Fruits and Vegetables Components 	<ul style="list-style-type: none"> Perfect Combination 	<ul style="list-style-type: none"> Chart paper Marker Handout: Vegetables and Fruits Components
Conclusion:			
10 minutes	<ul style="list-style-type: none"> Lesson Summary Training Evaluation 	<ul style="list-style-type: none"> Speed Action Planning Training Evaluation (Optional) 	<ul style="list-style-type: none"> Worksheet: Speed Action Planning Optional: Training Evaluation & Training Certificate
Total Time: 30 Minutes			

References

- Harvard T. H. Chan, School of Public Health. (2021). *The nutrition source vegetables and fruits*. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>
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- U.S. Department of Agriculture, Food and Nutrition Service. (2017, March 23). *Vegetable and fruit requirements in the Child and Adult Care Food Program; Questions and answers*. <https://www.fns.usda.gov/cacfp/vegetable-fruit-requirements-qas>
- U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2020). *2020–2025 Dietary Guidelines*. <https://www.dietaryguidelines.gov/>
- Wisconsin Department of Public Instruction. (2022, February). *Fruit and vegetable components*. https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/fruit_and_vegetable_component_handout.pdf

Internet Resources

- Institute of Child Nutrition: www.theicn.org
- USDA's Team Nutrition: www.fns.usda.gov/tn

Preparation Checklist

Instructions: Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
Gather Materials	
<input type="checkbox"/>	<ul style="list-style-type: none"> • Training Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • Computer and Projector Screen
<input type="checkbox"/>	<ul style="list-style-type: none"> • Worksheets and Handouts: <ul style="list-style-type: none"> ○ Vegetables and Fruits Components
<input type="checkbox"/>	<ul style="list-style-type: none"> • Pens or pencils (one per participant)
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
Prepare for Lesson	
	Before the training day:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> ○ The content reflects the Federal regulations and/or national best practices or standards. However, it's essential to include any additional State or local requirements when presenting this training.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Make enough copies of the handouts for each participant.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Develop and print a Session Certificate/Evaluation/Feedback Form (one per participant)
	On the training day:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	<ul style="list-style-type: none"> • Distribute materials to each participant.
	On the instructor's table:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Training Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • Instructor's copy of handouts and/or worksheets
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Session Evaluation/Feedback Form

Training Script

Instructor's Note: Each section below has an accompanying slide. Review and share the content for each PowerPoint slide.

Introduction

Welcome!

Complete the following tasks:

- Distribute handouts to participants.
- Welcome the participants to the training.
- Introduce yourself and allow the participants to introduce themselves by sharing their name and one thing they would like to get from this training.

Review Current Knowledge

Ask posing question: Did you know there are at least nine different families of fruits and vegetables? Each group has hundreds of different types of fruits and vegetables.

Share core content: Eating more fruits and vegetables has been associated with a reduced risk of chronic disease. Also, fruits and vegetables are typically low in calories and are nutrient-dense foods. Therefore, the *Dietary Guidelines for Americans (DGA)* recommend that Americans increase their consumption of fruits and vegetables. The *DGAs* provide science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs.

Overview

Share core content: In today's training, we will explore how to serve a variety of fruits and vegetables through the Child and Adult Care Food Program (CACFP). Particularly, we will explore when fruits and vegetables are served as a single component and when they are separated into two components.

At the end of this training, you will know when to serve fruits and vegetables separately and have strategies for serving fruits and vegetables at breakfast, lunch, supper, and snack.

Objective: Explore how to serve a variety of fruits and vegetables, whether they are served as a single component or as two components.

Separation of Fruits and Vegetables

Share core content: The CACFP meal patterns are designed to offer a variety of options at meals and snacks. One way is through separating fruits and vegetables into two components at lunch, supper, and snack. This standard helps to increase the amount and variety of fruits and vegetables eaten by participants.

Handout: Vegetables and Fruits Components

Lunch and Supper

Share core content: At lunch and supper, a fruit and a vegetable or two vegetables can be served in the minimum serving sizes. If you choose to offer two vegetables, you must offer two different types. For example, green beans and sweet potatoes. The vegetables do not have to be from the different subgroups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans, peas, and lentils, or other vegetables). For example, you could serve tomatoes and carrots, which are both from the red/orange group, and count them toward a reimbursable lunch. It's important to note, you cannot serve two fruits as part of a reimbursable meal or snack.

Snack

Share core content: At snack, a fruit and vegetable can be served as the two components. For example, you can serve carrots and grapes or apple slices and jicama sticks. Please note that serving two fruits or two vegetables is not reimbursable at snack. For example, apple slices and orange juice.

Breakfast

Share core content: At breakfast, fruits and vegetables are a combined component. A vegetable, fruit, or a combination must be served to meet the vegetables or fruits component.

Smoothies

Share core content: Smoothies containing a mix of fruits and vegetables contribute to the meal component present in the largest amount. For example, if the smoothie contains more fruits than vegetables, it contributes to the fruits component. If it has more vegetables than fruit, it contributes to the vegetables component.

Pureed fruits and vegetables are credited as juice when served in a smoothie. Juice may be credited at only one meal or snack per day; therefore, smoothies may only be used to meet the vegetables **or** fruits component at one meal or snack per day.

Leafy Greens

Share core content: Leafy greens like lettuce, spinach, and kale are excellent sources of essential nutrients. They are high in fiber, low in sodium, and rich in vitamins A, C, E, and K. When serving leafy greens in the CACFP, one cup of raw (uncooked) leafy greens counts as $\frac{1}{2}$ cup of vegetables.

Now that you know when fruits and vegetables must be separated and how to serve them at each meal, we are going to formulate ideas of fruits and vegetables that can be served.

Activity: Perfect Combination

Time: 10 minutes

- **Purpose:** The purpose of this activity is to identify fruits and vegetables to serve as part of a reimbursable meal.

- **Materials Needed:** Chart paper and markers
- **Instructions:**
 - Divide the participants into 4–6 groups. Assign each group a meal type, either lunch, supper, or snack. Give each group a chart paper and markers.
 - Have the groups create a list of fruit and vegetable combinations that can be served at lunch, supper, or snack. For example, zucchini and strawberries. Also create a list of vegetable combinations that can be served at lunch or supper. For example, potatoes and broccoli.
 - Give participants 3 minutes to complete the activity. Ask for one volunteer from each group to share 2 or 3 combinations from their list with the large group. Encourage participants to share an idea that has not been shared with the large group.

Share core content: Thank you for sharing with the group and giving others in the class ideas they can take back to the child care setting.

Ask posing question: What is the requirement for serving fruits and vegetables at breakfast? Lunch/Supper? Snack?

Feedback: Anyone can share with the large group. Possible responses might include:

- Breakfast: fruits and vegetables are a combined component. A vegetable, fruit, or a combination must be served to meet the vegetables or fruits component.
- Lunch and supper: fruits and vegetables are separate components. A fruit and a vegetable or two vegetables can be served.
- Snack: fruits and vegetables are separate components. A fruit and a vegetable can be served as the two components.

Conclusion

Lesson Conclusion

Share core content: The separation of fruits and vegetables should provide more flexibility when menu planning. Hopefully, you're leaving this training with new ideas that can be implemented when you return to your child care setting.

Ask posing question: What questions do you have about separating the fruits and vegetables components?

Activity: Speed Action Planning**Time:** 5 minutes

- **Purpose:** The purpose of this activity is to establish future steps for applying the information in their workplace.
- **Materials Needed:** *Speed Action Planning* worksheet, planner or cell phone calendar app, and pencil/pen
- **Instructions:** Distribute the *Speed Action Planning* worksheet. Inform participants that it is important to develop a plan for using the training's information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan.
 - What did you learn in this training?
 - How will you apply this information in your current or future role?
 - When will you apply this information?

Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other source to ensure they follow through with their plan. Following this activity, dismiss the participants from the training.

Thank You!

Complete the following tasks:

- Conclude the training.
- Refer participants to the Institute of Child Nutrition for additional information at helpdesk@theicn.org or 800-321-3054.
- Distribute any certificates or evaluations.

Vegetables and Fruits Components Handout

The Child and Adult Care Food Program (CACFP) meal pattern encourages child care programs to offer children a variety of vegetables and fruits each day. This handout provides information about the vegetables and fruits components requirements for children 1 year and older who participate in the CACFP.

Breakfast:

- Vegetables and fruits are a **combined** meal component.
- A vegetable, fruit, or a combination must be served to meet the vegetables or fruits component.

Lunch/Supper:

- Vegetables and fruits are **separate** meal components.
- A fruit and a vegetable OR two **different** vegetables must be served.
- Two fruits cannot be served.
- Refer to the table for examples of allowable and unallowable vegetables and fruits combinations.

Lunch and Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken	Chicken	Chicken	Chicken
Carrots	Carrots	Raw Carrots	Kiwi
Broccoli	Apples	Cooked Carrots	Apples
WG Bun	WG Buns	WG Buns	WG Buns
1% Milk	1% Milk	1% Milk	1% Milk

Snack:

- Vegetables and fruits are **separate** components.
- A fruit and a vegetable can be served as the two snack components.
- Items from two different components must be served. Two fruits or two vegetables cannot be served.
- Refer to the table for examples of allowable and unallowable vegetables and fruits combinations.

Snack		
Allowed	Not Allowed	Not Allowed
Kiwi	Carrots	Kiwi
Carrots	Celery	Apples

Vegetables and Fruits Serving Size Requirements

- Reimbursable meals must contain at least the minimum amounts of vegetables and fruits.
- When two vegetables are served at lunch or supper, the serving size of the second vegetable must be at least the same serving size as the fruits component it is replacing.
- The minimum serving sizes for the vegetables and fruits components are provided in the table below. These quantities are the *minimum* required vegetables and fruits serving sizes that must be served at meals and snacks.

		1-2 years	3-5 years	6-18 years
Breakfast	Fruits and/or vegetables	¼ cup	½ cup	½ cup
Lunch/Supper	Vegetables	⅛ cup	¼ cup	½ cup
	Fruits	⅛ cup	¼ cup	¼ cup
Snack	Vegetables	½ cup	½ cup	¾ cup
	Fruits	½ cup	½ cup	¾ cup

Vegetables and Fruits Crediting Exceptions:

- 1 cup of raw leafy greens = ½ cup vegetable
- ¼ cup dried or dehydrated fruit = ½ cup fruit

Fruit and Vegetable Mixtures

- Mixtures of vegetables and fruits, such as a carrot-raisin salad, may credit towards both the vegetables component **and** the fruits component if they contain the minimum amounts per serving.
- For example, a serving of carrot-raisin salad served to 4-year-olds at lunch that contains $\frac{1}{4}$ cup carrots and $\frac{1}{8}$ cup raisins (crediting as $\frac{1}{4}$ cup fruit) meets the full vegetables and fruits components.

Juice

- Full-strength, 100% juice, including vegetable and fruit juice, may be served at only one meal, including snacks, per day.
- If juice is served at more than one meal or snack a day, **the least reimbursable meal or snack serving juice must be disallowed**. For example, if juice is served at breakfast and snack, snack must be disallowed.

Preparation

- Deep-fat frying means to submerge foods in hot oil or other fat.
- This cooking method **cannot** be used to prepare fruits or vegetables (e.g., French fries, tater tots, or hash browns) onsite.

Recordkeeping Requirements

- All programs **must document specific fruits and vegetables** on menus for each meal and snack.
- If changes are made, record substitutions on menus.

Q&A:

Q: How do mixed vegetables (e.g., peas and carrots) credit at lunch?

A: Combination or mixed vegetables credit as one vegetable. If served at lunch, another fruit or vegetable must be served. For example, you can serve peas and carrots as one vegetable and broccoli as the second vegetable.

Q: Are tomatoes and avocados counted as fruits or vegetables?

A: Both tomatoes and avocados are considered vegetables. Refer to the Food Buying Guide (FBG) for a list of creditable vegetables and fruits. However, the FBG does not include information on all vegetables or fruits that may be served in the CACFP. Refer to your State agency or sponsoring organization for specific crediting information.

For more information, refer to the USDA Policy Memo: [CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As](#).

Adapted from the Wisconsin Department of Public Instruction Community Nutrition Team.

Speed Action Planning

Instructions: Today’s training featured key information on fruits and vegetables served as a single component, as well as served as two separate components. Answer the following three questions to establish a plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (e.g., one week, one month, six months, etc.)?



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