LET’S GET STARTED

• Everybody needs a clicker.

• Do not press the Ch or ?.

• Only your first answer is counted.
B.E.A.N.S.
Balancing Exercise And Nutrition for Students

UT Southwestern Medical School
What is the best thing you can do to be healthy?

1. Avoid sweetened drinks.
2. Eat fruits and vegetables.
3. Get physical activity each day.
4. Limit serving sizes.
5. Eat breakfast.
They are all important!

Healthy Food + Exercise = Health for Fun
GETTING ENOUGH 
Today’s topic?
FRUITS AND VEGETABLES
You will learn

Are fresh fruits and vegetables best?

How many fruits and vegetables are enough?

How can you get enough fruits and vegetables to keep you healthy?
How many fruits and vegetables do you eat each day?

1. 1
2. 2
3. 3
4. 4
5. 5 or more

Answer Now
How many fruits and vegetables should you eat each day?

1. 1
2. 2
3. 3
4. 4
5. 5 or more
6. I don’t know.
How many fruits and vegetables should you eat each day?

17%

First Slide  Second Slide
How can you eat more fruit and vegetables?

• Eat them with every meal or snack.
• Eat them instead of sweets or chips.
• Try them in the cafeteria.
It’s easier if you have them with breakfast, lunch, supper, and snacks.
It’s easy!

• Add 1 fruit or vegetable each day for a week.

• Add another fruit or vegetable each day next week.

• Taste new fruits and vegetables.
What do you remember?
How many fruits and vegetables do you **plan** to eat each day?

1. 1
2. 2
3. 3
4. 4
5. 5 or more

Answer Now
How many fruits and vegetables do you plan to eat each day?

- 1
- 2
- 3
- 4
- 5 or more

First Slide: 20%
Second Slide: 20%
What’s the best way for you to get more fruits and vegetables?

1. Ask for them with meals.
2. Ask for them with snacks.
3. Ask for them in the cafeteria.
4. I don’t know.
See you at your table!!!