**Missing the Mark, or “Group”, that is**

This exercise explores the limited fruit and vegetable consumption of most people and strategies for increasing intake.

1. Ask students to describe the fruits and vegetables they consume, including their frequency of consumption.
2. As a class, discuss if the group is representative of global trends or if the class differs from global norms.
3. Then discuss with students how they can attain 5 veggie servings per day. The following site provides images of 2 fruit servings and 2.5 veggie servings per day: <https://www.thekitchn.com/10-photos-that-show-you-your-daily-recommended-servings-of-fruits-vegetables-207261>
4. If time allows, you can encourage students to develop a specific plan of action for attaining more fruits and vegetables in their diets.