

Title: Kindergarten (Nutrition Lesson 2): Eating the Rainbow

Overview:

In this lesson, students learn that eating a “rainbow” of foods is important for health. When we talk about “eating the rainbow” we are referring to eating more foods that naturally have color like fruits and vegetables, not foods that have color added like fruity cereal, candy, or gummy bears. These foods contain artificial colors and often also have added sugars, fats, and calories. This is why we want to get most of the color in our diet from whole, natural foods like fruits and vegetables. There are many different colors of fruits and vegetables, and we can find examples for all the colors of the rainbow like red, orange, yellow, green, blue, and purple. Different colored fruits and vegetables contain different nutrients and help different parts of our bodies like our skin, bones, muscles, brain, and heart.

Behavior Change Objective: As a result of this lesson, students will eat more fruits and vegetables that are different colors (“eat the rainbow”).

Learning Objectives:

Students will be able to:

1. Identify different colored fruits and vegetables and recite examples that fall into the colors of the rainbow: red, orange, yellow, green, blue, and purple.
2. Identify that different colored fruits and vegetables have different functions in our body.
3. Apply the concept of “eating the rainbow” by assembling a snack that has fruits and/or vegetables from each color.

Keywords: Rainbow, Fruit, Vegetables

Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.1, 2.1.P.B.2,

NHES: 1.2.1, 1.2.2

Materials:

- Videos:
 - Video Two: Eating the Rainbow
 - Kitchen Demo: Build Your Own Vegetable Rainbow
- Kitchen Equipment and Ingredients to make a fruit or vegetable “rainbow” if doing as in-class activity.
 - Kitchen Equipment: water and paper towels to wash and dry the fruit and vegetables, child safe knives, cutting boards, plates
 - Ingredients: at least one fruit or vegetables from each of these color groups red, orange, yellow, green, blue, purple

Before you Begin:

- Review the entire lesson.
- Draw, print, or display an image of the rainbow that has the following colors: red, orange, yellow, green, blue, and purple
- Set up AV equipment and provide space for film viewing.

- o There are two videos to be shown: *Video Two: Eating the Rainbow*, and *“Kitchen Demo: Make and Eat a Rainbow.”*
- Making and Eating a Rainbow activity:
 - o If you plan on having students make and eat their own rainbow as an in-class activities, set out cooking equipment and ingredients necessary. See **materials** list for all items needed.

Procedure:

1. Introduce “Eating the Rainbow”:

Begin the lesson by displaying a picture of a rainbow with the following colors, red, orange, yellow, green, blue, and purple. Have the students name each color of the rainbow. Tell the students that we should try to “eat the rainbow” every day, and this means to eat fruits and vegetables that are all the different colors of the rainbow. Ask students to give examples of fruits and vegetables from each color group. Tell the students that next they will learn more about eating the rainbow by watching a video.

2. Show video titled: *Video Two: Eating the Rainbow*:

This video will teach the students about how to eat a rainbow of fruits and vegetables and how each color has different ways of keeping our body healthy.

3. Create and eat a “Rainbow”:

Show the video entitled: *“Kitchen Demo: Build Your Own Vegetable Rainbow”*. This video will review the learning concepts in *Video Two: Eating the Rainbow* as well as show the students how to make a snack step by step that has all the colors of the rainbow.

Activities and Resources to Extend this Lesson:

Make your own rainbow snacks: rainbow fruit skewers, rainbow made out of fruit, homemade rainbow pizza (images below)



I Can Eat a Rainbow Coloring Activity:

Have students either draw fruits and vegetables for each color or cut and paste pictures of fruits and vegetables from grocery store circulars. (see below for printables)

Eat a Rainbow Every Day!

Ideas of foods for each color of the rainbow:

tomatoes, raspberries, strawberries, watermelon

carrots, mangos, oranges, peaches

yellow peppers, banana, pineapple, lemon

broccoli, spinach, cucumbers, celery

blueberries

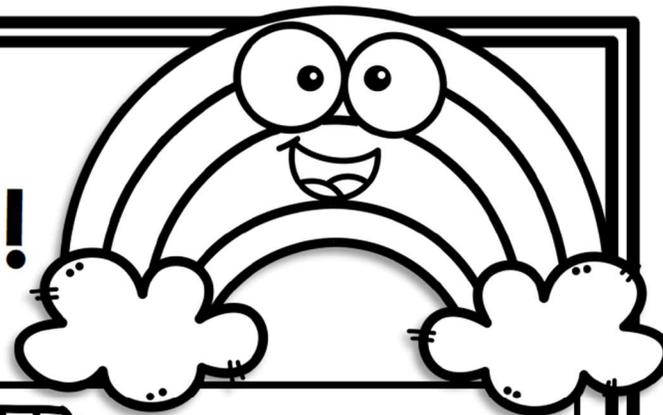
grapes, blackberries, figs, plums



Name: _____

I Can Eat a Rainbow!

Directions: Draw or glue pictures of fruits and vegetables for each color of the rainbow.



Resources:

<https://www.aicr.org/assets/docs/pdf/healthykids/taste-a-rainbow-lesson-plan.pdf>

<https://www.pfb.com/images/stories/aitc/Lesson%20Plans/you-can-eat-rainbow-colors.pdf>

READ ALOUD BOOKS

Are You Eating Something Red? Ryan Sias, Blue Apple Books, 2010

Eating the Rainbow, Rena D. Grossman, Star Bright Books, 2009

Go Greenie! Are You Eating Something Green? Ryan Sias, Blue Apple Books, 2010

Growing Colors, Bruce McMillan, Harper Trophy, 1994

Orange Food Fun (Eat Your Colors), Lisa Bullard, Capstone Press, 2006

Planting a Rainbow, Lois Ehlert, Voyager Books, 1988

Stone Soup, A. McGovern, Scholastic, 1968

Tops and Bottoms, Janet Stevens, Harcourt, Brace and Company, 1996

Song on Eating the Rainbow: <https://www.youtube.com/watch?v=iK2k3e4thSQ>