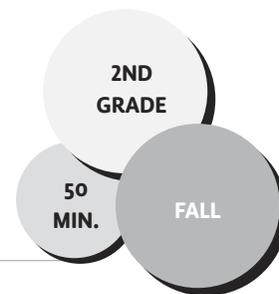


Eat a Rainbow

Adapted from Life Lab's *The Growing Classroom*

THEME: MAKING HEALTHY FOOD CHOICES



ESSENTIAL QUESTION

Why is eating a rainbow of fruits and vegetables important?

LEARNING OBJECTIVE

✓ Students will be able to explain the benefit of eating a variety of fruits and vegetables.

CONCEPTS

healthy phytonutrients vitamins

Engaging the Classroom Teacher

- Before the lesson, discuss what the final product of the lesson will look like (the rainbow human), and ask the teacher whether there is space on a classroom bulletin board or in the hallway where it can be displayed.
- During Action Step 3, suggest that the teacher support groups as they prepare to share the information with the rest of the class, whether verbally or with a poster.
- During Action Step 4, suggest that the teacher circulate through the room, supporting students in listening and drawing on their own worksheet as you create the larger rainbow human.

LESSON DESCRIPTION

In this lesson, students learn about the benefits of eating a variety of phytonutrients by matching various fruits and vegetables to a color information card. They then prepare an explanation for why their group's color is vital to health, and create a large poster of a body to represent the different colors' benefits. This lesson is designed to be taught in conjunction with lessons *Plant a Rainbow* and *A Rainbow at the Salad Bar*.

MATERIALS

- About 5 feet of light-colored butcher paper
- Permanent marker
- Markers
- Rainbow Cards (p. 227)
- Fruit and Vegetable Cards (pp. 228-231)
- Eat a Rainbow Worksheet for each student (p. 232)

PREPARATION

- › Photocopy and cut out the Rainbow Cards.
- › Photocopy and cut out the Fruit and Vegetable Cards, or better yet, make your own! Use seed catalogs to cut out different colored fruits and vegetables and paste them onto index cards. Make enough for each student
- › Photocopy an Eat a Rainbow Worksheet for each student.
- › Place butcher paper on the floor, and draw a life-size outline of a body in a fun pose.

› Display the following sentence frame for students' presentations:
_____, _____, and _____ are _____ - colored fruits and vegetables. They help our bodies _____.

ACTION STEPS

1. Engage: Gather students in a circle, and ask them what their favorite color is. Once they think of their favorite color, ask them to think with a partner of as many fruits and vegetables that are that color. After they've shared say, *Fruits and vegetables have different vitamins and nutrients that help our bodies stay healthy. The more colorful the foods we eat the better, and different colored fruits and vegetables help us in different ways.* You might choose to further explain, *Colorful fruits and vegetables have what we call phytonutrients that help us "fight" off being sick,* punching the air as you say the term and having students mimic you as they repeat the word. Say, *Plants create these phytonutrients to protect themselves, but when we eat them, they protect us too!* **(5 min.)**

2. Sorting into Groups: Show students the outline of the body, and explain that today they're going to learn about how the different colors of the foods we eat help our bodies. Say, *By the end of class, the body will be filled in with all the new things you learn.* Place one Rainbow Card on each table in the classroom, and give each student a Fruit and Vegetable Card. Explain, *Each table has a different color. If you have a red fruit or vegetable, you're going to find all the people with red fruits and vegetables,* and sit at the red table. Have students circulate through the room, finding their matches. Make sure they sit at the right table. **(5 min.)**

3. Preparing Explanations: Once students have sorted themselves into groups, explain that they'll teach the rest of the class why eating fruits and vegetables of their color is important for all-around health. Make sure they know to find the information on the health benefits of each color on their Rainbow Cards. Display the sentence frame, and read it together as a class before their work period, so they can feel confident sharing with the class. Circulate through the room, helping students make the connection between the color and the parts of the body the color benefits. Consider having each group make a poster on which they draw or paste examples of fruits and vegetables of their color, and write what they learned from the Rainbow Card. **(10-15 min.)**

4. Presenting: Pass out an Eat a Rainbow Worksheet to each student, explaining that they'll draw on the body on their worksheet as we learn information from their classmates. Have each group present to the class why their color is important. After each group presents, summarize for students why the color is beneficial for our bodies, and color the associated parts of the body on butcher paper with that color marker. For example, you might draw teeth in green or a heart in red. Solicit ideas from students for how to represent the information. For example, to represent the idea that blue or purple foods are good for the brain, you might draw blue or purple thought bubbles. Have students draw the same or similar images on their worksheet for each color. **(15 min.)**

REFLECTION

Have students discuss the following questions in small groups, then share with the class: (5 min.)

Social and emotional learning

- Ask yourself: How did I help my classmates learn today?

Check for understanding

- Why is it important to eat a variety of colorful fruits and vegetables?
- What fruits or vegetables have you eaten today? What colors are they?
- What colorful fruit or vegetable would you like to eat next and why?

ADAPTATIONS

Garden: Pass out the Rainbow Cards to students, but instead of matching them to pictures of fruits and vegetables, have them find fruits and vegetables in the garden to represent each color.

Cooking Extension: Make a rainbow dish with students, such as rainbow salsa, or use the recipes from the lessons Rainbow Smoothie or Rainbow Grain Salad.

Age: If doing this lesson with older students, you can go more in depth about the adaptive quality of phytonutrients in plants, and help students learn in more detail how phytonutrients aid our health. Have groups independently research the benefits of their color (or read materials you've culled for them), and have them create informational posters mentioned in Action Step 3.

ACADEMIC CONNECTIONS

English Language Arts Common Core State Standards

CCSS.ELA-LITERACY.SL.2.6

Produce complete sentences when appropriate to task and situation in order to provide requested detail or clarification.

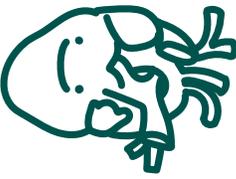
CCSS.ELA-LITERACY.RI.2.9

Compare and contrast the most important points presented by two texts on the same topic.

Rainbow Cards

RED

Can keep your heart strong
and give you healthy skin



**ORANGE/
DEEP YELLOW**

Can help you see well,
especially in the dark



**YELLOW/
BROWN/WHITE**

Can help your memory and
help you stay healthy as you
get older



GREEN

Can make your bones
and teeth strong



BLUE/PURPLE

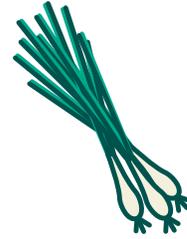
Can improve memory
and healthy aging



Fruit and Vegetable Cards



Nasturtium



Scallions



Cauliflower



Parsley



Celery



Sunflower Seeds

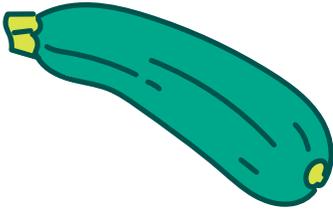


Rhubarb

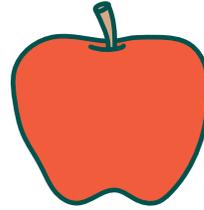


Pumpkin Seeds

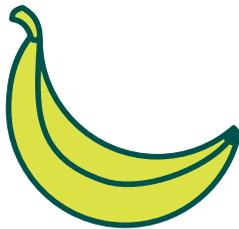
Fruit and Vegetable Cards



Zucchini



Apple



Banana



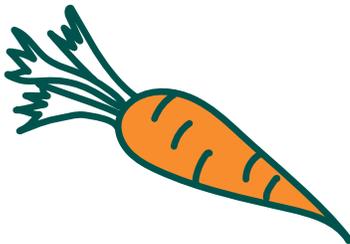
Bell Pepper



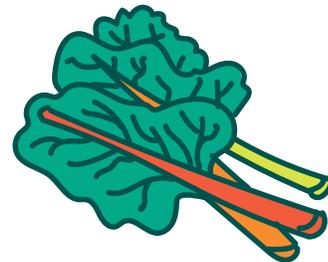
Blueberries



Bok Choy

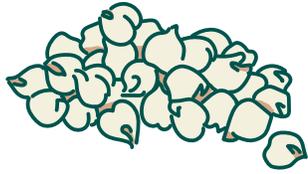


Carrot



Chard

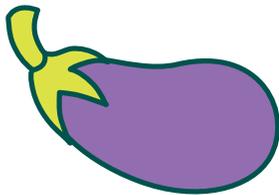
Fruit and Vegetable Cards



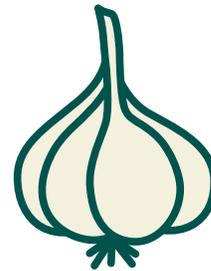
Chickpeas



Corn



Eggplant



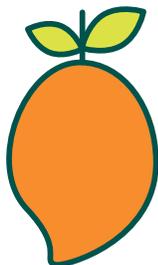
Garlic



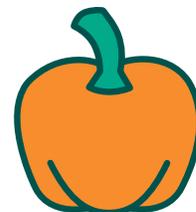
Ginger



Kale

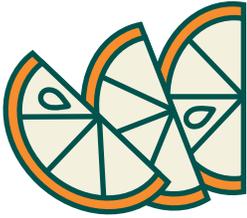


Mango

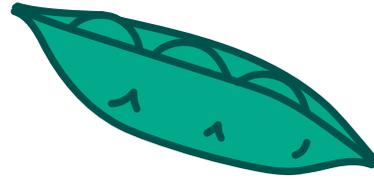


Orange Bell Pepper

Fruit and Vegetable Cards



Orange Slices



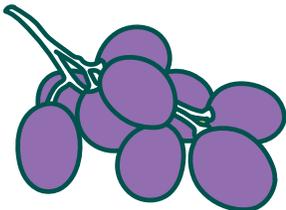
Pea Pod



Pumpkin



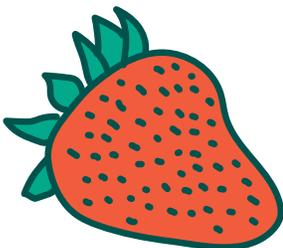
Purple Cabbage



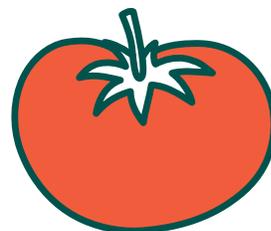
Purple Grapes



Purple Kohlrabi



Strawberry



Tomato

Name: _____ Date: _____

Eat a Rainbow Worksheet

Directions: Color each body part with the color of food it is helped by.
Draw pictures as you learn new information from your classmates.

