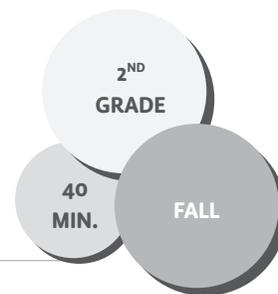


Eat a Rainbow

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.

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 fall lesson Plant a Rainbow and spring lesson, A Rainbow at the Salad Bar.

MATERIALS

- About 5 feet of light-colored butcher paper
- Permanent marker
- Markers
- Rainbow Cards (p. 307)
- Fruit and Vegetable Cards (p. 308)

PREPARATION

- › Photocopy and cut out the Rainbow Cards and the Fruit and Vegetable Cards.

- › Place butcher paper on the floor, and draw a life-size outline of a body on it in a fun pose.

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. (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.* Give one Rainbow Card to each student, and, when you run out of those, give each remaining student a Fruit and Vegetable Card. Say, *Now you'll go around and find your matches. So if you have the Red card, you'll want to find all the people with red fruits and vegetables.* Have students circulate through the room, finding their matches. **(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. Circulate through the room, helping students make the connection between the color and the parts of the body the color benefits. **(10 min.)**

4. Presenting: 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. **(15 min.)**

REFLECTION

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

- *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 colored 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.

ACADEMIC CONNECTIONS

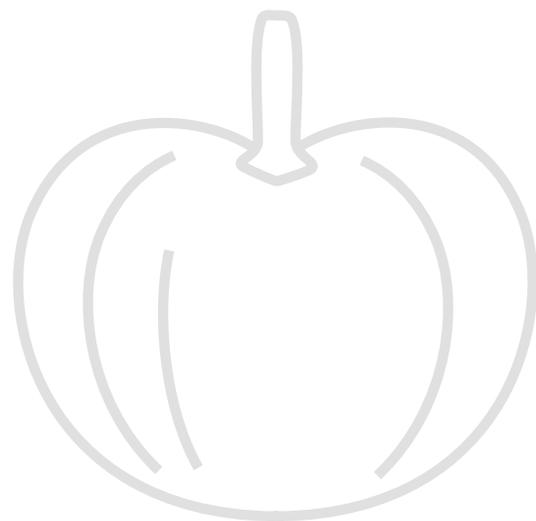
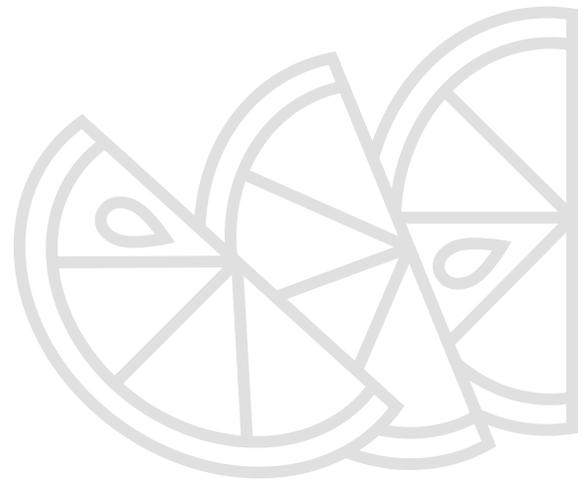
English Language Arts Common Core State Standards

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

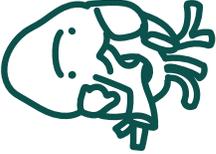
Compare and contrast the most important points presented by two texts on the same topic.



Rainbow Cards

RED

Can improve heart strength and skin health



**ORANGE/
DEEP YELLOW**

Can promote good vision, especially in the dark



**YELLOW/
BROWN/WHITE**

Can make blood healthier



GREEN

Can strengthen bones and teeth



BLUE/PURPLE

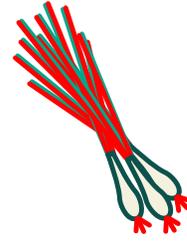
Can improve memory and healthy aging



Fruit and Vegetable Cards



Nasturtium



Scallions



Cauliflower



Parsley



Celery



Sunflower Seeds



Rhubarb



Pumpkin Seeds