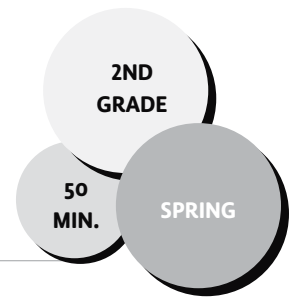


A Rainbow at the Salad Bar

THEME: MAKING NOURISHING FOOD CHOICES



ESSENTIAL QUESTION

Why is eating a rainbow of fruits and vegetables important?

LEARNING OBJECTIVE

✓ Students will be able to assemble a salad that includes a rainbow of colors.

CONCEPTS

healthy phytonutrients salad bar variety

ENGAGING THE CLASSROOM TEACHER

- Prior to the lesson, explain to the teacher that the ideal setting for this lesson is in the cafeteria at the salad bar. Ask the teacher for support in figuring out the logistics of this.
- During Action Steps 2 and 4, suggest that the teacher help students navigate the salad bar.
- During Action Step 4, suggest that the teacher make a salad themselves to model for students.

LESSON DESCRIPTION

In this lesson, students hunt for every color of the rainbow in the cafeteria salad bar, review why eating a variety of colorful fruits and vegetables is a healthy choice, and assemble their own rainbow salad from the salad bar. This lesson is designed

to be taught in conjunction with fall lessons Eat a Rainbow and Plant a Rainbow.

MATERIALS

For each student:

- Rainbow at the Salad Bar Worksheet (p. 262)
- Clipboard
- Eating a Rainbow at Home Worksheet (p. 263) (optional)
- Colored pencils (multiples of each color of the rainbow)
- Poster created by the class from the fall lesson Eat a Rainbow

PREPARATION

- › Coordinate with cafeteria staff for a date and time to host this activity in the cafeteria.
- › Photocopy the Rainbow at the Salad Bar Worksheet for each student.

ACTION STEPS

1. Engage: Gather students in a circle in the cafeteria, and explain that today they're going to go on a hunt to find a rainbow in the salad bar. Say, *Turn and talk to a neighbor, and tell him or her your favorite color of food to eat and why.* **(5 min.)**

2. Rainbow Hunt: Pass out worksheet, clipboards, and colored pencils, and have students circle each color word with the correct color. Then gather around the salad bar. Have them hunt for a fruit or vegetable to represent each color of

the rainbow. To help with the flow of students, you might encourage them to sit and draw their produce once they've viewed the salad bar. **(10 min.)**

3. Explain: If you created a poster with the class in the fall, display it now for students to see. Say, *Remember each color helps our body in a*

5. Tasting: Have students sit down before eating. Ask them to admire their neighbor's rainbow salad bar creations, saying, *Eating all the colors of the rainbow is good for us and makes our plates beautiful!* Have students begin eating their rainbow salads together. **(10 min.)**

BACKGROUND					
Different fruits and vegetables have different phytonutrients that support our health in different ways. These phytonutrients give fruits and vegetables their diverse colors. Therefore, by eating fruits and vegetables of different colors, we are also consuming a variety of phytonutrients that can help us stay healthy. The table below shows some of the ways different colors can support our health.					
	RED	ORANGE / DEEP YELLOW	YELLOW / BROWN / WHITE	GREEN	BLUE / PURPLE
BENEFITS	Can keep your heart strong and give you healthy skin.	Can help you see well, especially in the dark.	Can make your blood healthy.	Can make your bones and teeth strong.	Can help your memory and help you stay healthy as you get older.

different way. As you go over each color, teach students a gesture to go along with each color associated with its benefit. For example, for orange and yellow use your hands to make binoculars around your eyes. Review with students the idea that eating a rainbow of colors from fresh fruits and vegetables supports overall health. Once you review the poster, play a short game. Say a color, and students have to quickly make the gesture you taught them. **(10 min.)**

4. Making a Rainbow Salad: Explain that now they'll go through the salad bar to make a rainbow salad for themselves. Say, *Your challenge is to get as many different colors in your salad as you can.* Have students line up and walk through the salad bar. **(10 min.)**

REFLECTION

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

Social and emotional learning

- *What is your favorite part of your rainbow salad?*
- *What is something new you're trying today?*
- *Ask yourself: Did I take turns and help my classmates at the salad bar?*

Check for understanding

- *What did you include in your rainbow salad?*
- *Based on the poster we made, what part of your body is _____ good for?*

ADAPTATIONS

Classroom Setting: If you don't have access to the cafeteria, you can project a large picture of a salad bar for students to perform the rainbow hunt. Then you can simulate a salad bar in the classroom by bringing in prepped fresh produce and setting it up as a buffet for students to select from.

Garden: If you planted a rainbow garden in the fall, have students harvest a rainbow of fruits and vegetables either for the cafeteria or for the in-class adaptation.

At Home: Have students bring home the Eating a Rainbow at Home Worksheet and fill it out with their caregivers.

Reading: Read *Rainbow Stew* by Cathryn Falwell about kids and their grandfather harvesting vegetables to make a colorful stew.

Name: _____ Date: _____

Rainbow at the Salad Bar Worksheet

Directions: Circle each color word using the correct colored pencil. Then find all the fruits and vegetables in the salad bar that match each color, and draw them in the blank space.

RED	
ORANGE	
YELLOW/WHITE	
GREEN	
BLUE	
PURPLE	

Eating a Rainbow At Home

I ate a rainbow for

Breakfast____Lunch____Dinner____

The dish is called _____

I person I ate with was _____

These were the rainbow ingredients in my meal:

Red _____

Orange _____

Yellow _____

Green _____

Blue _____

Purple _____

White _____