

# Eat A Rainbow!

Grades K-1

Meets Grades K-1 Standards

## Lesson Summary

Students learn the importance of eating fruits and vegetables.

## Overview

In this lesson, students will:

- Identify and sort different fruits and vegetables
- Color in a rainbow of fruits and vegetables

## Time

20 minutes for lesson

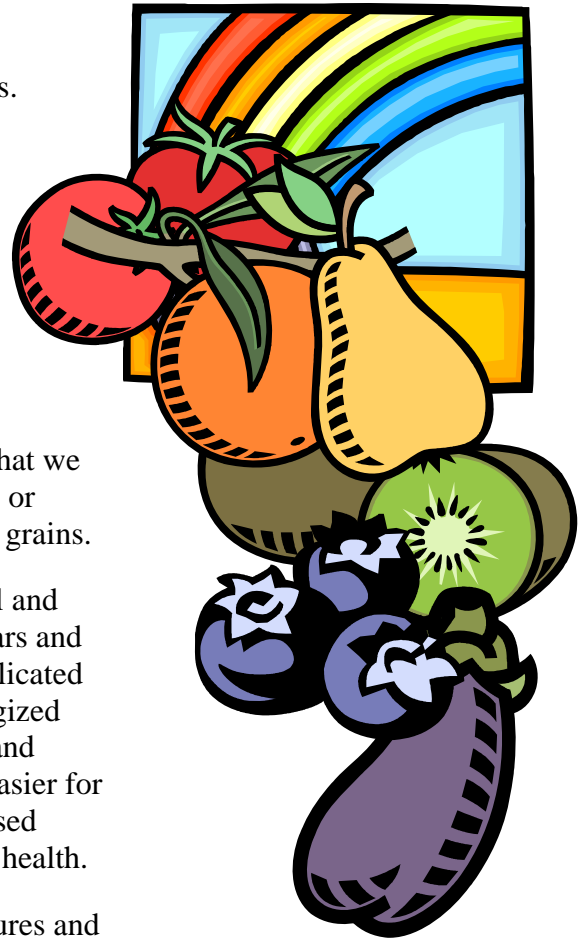
## Background

We all need food to survive. No matter where we live or what we eat, we either get food from animals – including milk, eggs, or meat—or from plants including fruits, vegetables, nuts, and grains.

Plant foods are an excellent food source. They are flavorful and provide different types of energy for our bodies—from sugars and carbohydrates, to protein and fat. Our bodies are like complicated machines; we require different types of nutrients to be energized and healthy. Plant foods are full of nutrients like vitamins and minerals, and are also high in fiber, which means they are easier for our bodies to *digest* or break down. Eating whole, plant-based foods is one of the most important things we can do for our health.

Plant foods come in different shapes, sizes, colors, and textures and include fruits, vegetables, grains, legumes, nuts and seeds. One way to make sure we are getting the full range of nutrients that we need is to eat different colored fruits and vegetables that reflect the colors of the rainbow! By eating these different colored plant foods, we will benefit from a wide variety of *phytochemicals* or plant chemicals that help keep our bodies healthy and fight diseases like cancer. A diet full of red foods like cherries, cranberries, apples and tomatoes; orange foods like sweet potatoes, tangerines and carrots; yellow foods like squash, corn and lemon; green foods like broccoli, avocado and kiwi; blue foods like blueberries; and purple foods like plums, eggplant and cabbage, will keep us healthy and provide lots of energy.

Plant foods are so healthy that doctors recommend we get at least five servings of fresh fruit and vegetables a day. One serving is about half an apple or peach, half a cup of berries, a small salad, or a handful of carrot sticks. By eating many different colored fruits and vegetables, we can be sure to get the nutrients we need to stay healthy. Eat a rainbow every day!

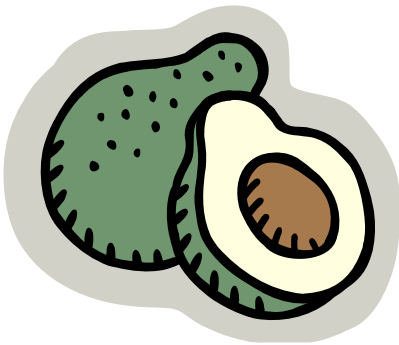
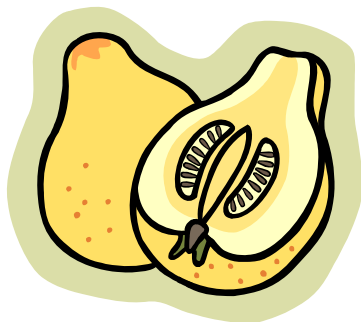
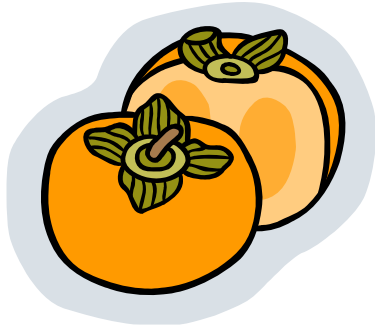
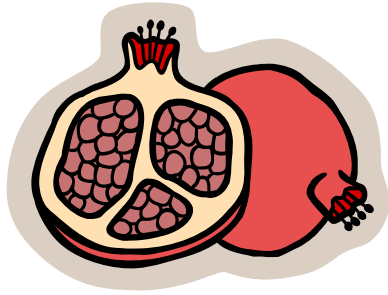


## Materials

- *Rainbow of Color!* coloring sheet (see end)
- Crayons or colored markers
- Fruits and vegetables (Real or artificial—good choices include corn, potato, carrot, broccoli, banana, apple, grapes, orange)

## CA State Standards

- Gr. K** Science 1a, 4b, 4d • Language Arts LS1.1, LS1.2
- Gr. 1** Math S2.0 • Language Arts LC1.1



### Pre-Activity Questions:

1. How many of you like to eat fruits and vegetables?
2. What are some of your favorite fruits and vegetables?  
*(Take all answers.)*
3. Where do these fruits and vegetables come from? (Fruits and vegetables come from trees and other plants.)
4. Do you know which fruits and vegetables come from trees?  
*(Trees: apples, oranges, bananas, cherries, pears, avocados etc...most fruit comes from trees. Plants: Blueberries, grapes, strawberries, tomatoes, broccoli, corn, lettuce, carrots, potatoes etc...)*
5. Why do we need to eat fruits and vegetables? *(Fruits and vegetables give us vitamins and minerals and other nutrients that help our bodies stay healthy and strong. The more fruits and vegetables we eat, the better it is for our health.)*
6. How many fruits and vegetables should we eat every day?  
*(Five servings a day. Explain what a serving is. For very small children, sometimes just a few bites is a serving.)*

### Classroom Activity

1. Hold up the fruits and vegetables you brought in. As a class, ask students to sort the fruits from the vegetables.
2. After sorting the fruit, ask students to describe the properties of each fruit and vegetable. Is it bumpy? Smooth? Fuzzy? Shiny? Round? Long? What color is it?
3. Tell students that one way to eat the foods we need to stay healthy is to eat many different fruits and vegetables that are like the colors of a rainbow. *(Explain colors of rainbow if needed: Red, Orange, Yellow, Green, Blue, Indigo, Violet/Purple)*
4. Once again, have students work as a group and this time sort the fruits and vegetables by color.
5. Pass out coloring sheet. As a class, go through all the fruits and vegetables and name them as students color them in.
6. After coloring is completed, remind students that all these foods are healthy, and that one way to stay healthy is to eat a rainbow of fruits and vegetables!

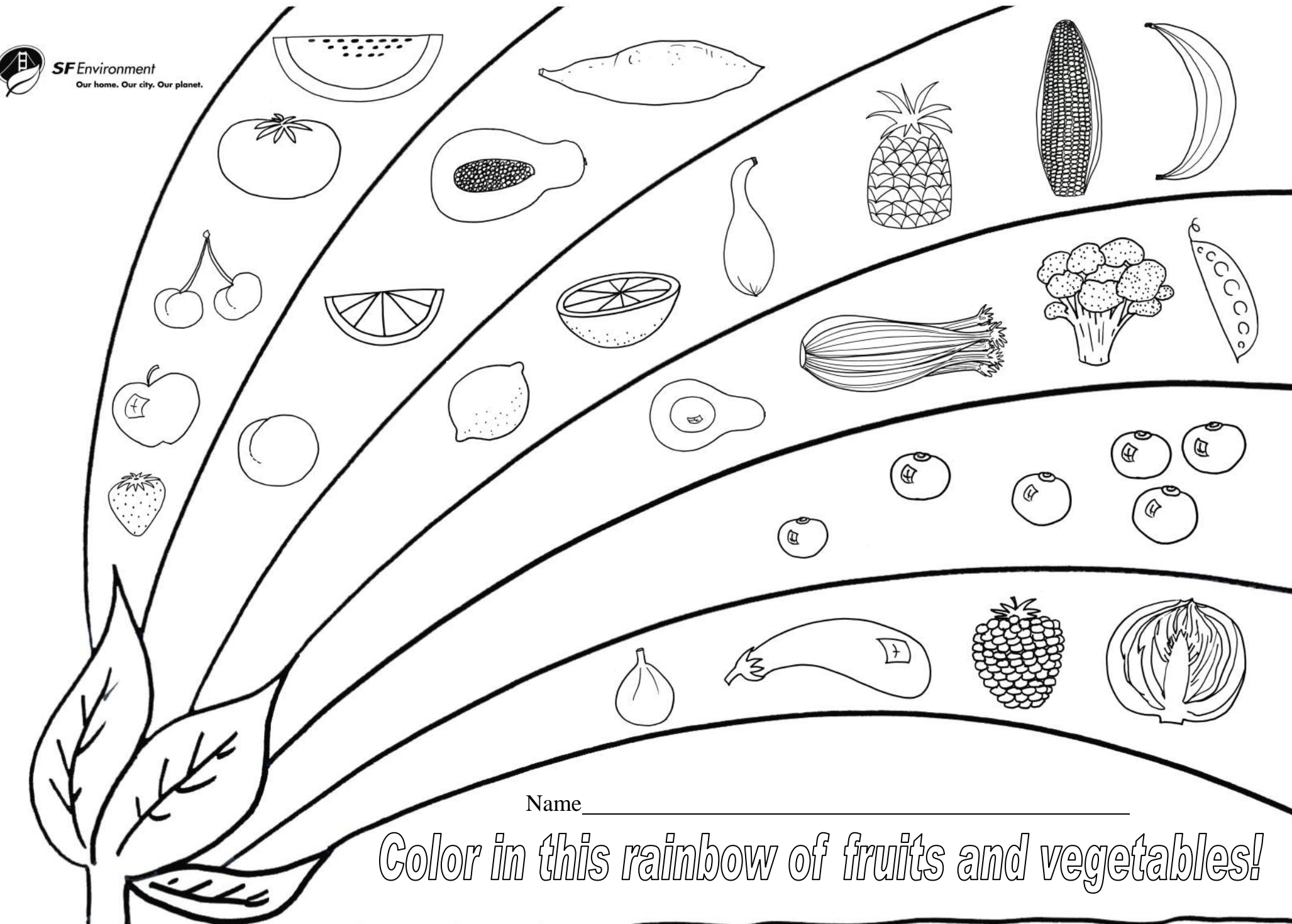
### Extensions

- Make a rainbow fruit salad. Cut up all the fruit ahead of time and then have students assemble the salad using different colors of the rainbow. Have them start with the red fruits, then orange, then yellow, etc.
- Ask students to pay attention to the fruits and vegetables they eat during lunch and come back to class ready to report about what they ate and what colors the fruits and vegetables were.





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*Color in this rainbow of fruits and vegetables!*

**Red:** Strawberry, Apple, Cherry, Tomato, Watermelon **Orange:** Apricot, Orange, Papaya, Sweet Potato **Yellow:** Lemon, Grapefruit, Squash, Pineapple, Corn, Banana **Green:** Avocado, Celery, Broccoli, Sweet Pea **Blue:** Blueberry **Purple:** Fig, Eggplant, Boysenberry, Cabbage