

Adapted “Eat the Rainbow” Lesson

Modified from Life Lab's Plant It, Grow It, Eat It! Workshop Series.

Needs:

Butcher Paper

Markers

Color Cards

Procedure:

1. Cut up the included color cards to prepare for matching.
2. Ask, “Why is it important to eat fruits and vegetables?” Collect answers to write where everyone can see them.
 - a. *Eating fruits and veggies gives our bodies the building blocks they need to grow and repair damage, and protects us from getting sick.*
3. Put the butcher paper on the floor and ask a volunteer to lie on the paper. Have another volunteer trace the outline of the person lying down. Once the body is traced, put it up where everyone can see it. Pass out markers or colored pencils.
4. Call out for favorite fruits and vegetables from the crowd. As each is mentioned, have a child match the color of the vegetable to the provided color cards (attached).
5. Using information from the color card, have each volunteer summarize why the color is good for you by coloring in parts of the body with that color. (Okay, green veggies can be good for bones, so I’ll draw in some bones and teeth with green marker.) Note: Allow students to help you come up with creative ways to represent each fact. For example, you might draw a shield in yellow or orange to represent a strong immune system.
6. At the same time, have an older child or grown-up keep track of the vegetables and benefits mentioned by filling in a rainbow chart with fruits & veggies with associated benefits. The chart might look something like the one on the next page:

7.

Red	Dark Orange	Yellow/Light Orange	Green	Blue/Purple	Brown/Tan/White
Heart health; Memory; Protects from some cancers	Vision; Heart health; Immune system	Vision; Immune system	Bones & teeth; Vision; High in fiber for intestines; lower cholesterol	Healthy aging; Memory	Heart health; Immune system; decreased cholesterol
Apples, strawberries, tomatoes, beets	Carrots, oranges, melon, squash, sweet potatoes	Corn, grapefruit, yellow peppers	Leafy greens; broccoli; cabbage; lettuce; avocado	Grapes, purple cabbage, eggplant, purple carrots, blueberries	Cauliflower, onions, bananas, potatoes, mushrooms

8. Ask, "What would our body look like if we only ate one color of fruits and vegetables?"

---Extension

1. If you have access to seeds and potting soil, start some vegetable to nurture in a sunny windowsill. Make a label for each plant using the information above. For example: planting carrots? Draw an eyeball and a heart on your row marker!

Color Card Master

<p>RED</p> <p>Can improve heart health, memory function; can lower risk of some cancers.</p> <p>Examples: apples, tomatoes, strawberries, watermelons, beets, cherries.</p>	<p>YELLOW/LIGHT ORANGE</p> <p>Can strengthen your immune system, can provide strong vision.</p> <p>Examples: oranges, grapefruit, corn, yellow peppers, yellow apples.</p>
<p>DARK ORANGE</p> <p>Contributes to strong vision, healthy heart, and strong immune system.</p> <p>Examples: Carrots, oranges, melon, squash, sweet potatoes, orange peppers.</p>	<p>GREEN</p> <p>Can help with strengthening bones and teeth. Can help vision. Provides high fiber for healthy intestinal tract and can lower cholesterol.</p> <p>Examples: Leafy greens, broccoli, cabbage, lettuce, avocado, kiwi.</p>
<p>BLUE/PURPLE</p> <p>Can contribute to healthy aging, can increase memory function.</p> <p>Examples: Grapes, raisins, purple cabbage, eggplant, plums, blueberries, blackberries.</p>	<p>BROWN/WHITE/TAN</p> <p>Can promote heart health, increase immune system function, and decrease cholesterol.</p> <p>Examples: Cauliflower, onions, garlic, bananas, white corn, potatoes.</p>