



Lesson Title: Eat a Rainbow		
Grade: K-1	Lesson Number: 2	
Estimated Time: 45 mins.	Season: Fall	Type: Cooking Concept
<p> Teacher Background and Lesson Description: Health guidelines recommend half of each meal be made up of fruits and vegetables. In addition, eating a variety of fruits and vegetables ensures consumption of a variety of vitamins and minerals. One strategy is to eat a rainbow of fruits and vegetables. <u>In this lesson</u>, students will review the variety of fruits and vegetables they explored in Lesson #1: Welcome to the Kitchen. They will draw and sort them by color to begin a collaborative art project. Students will kinesthetically model what part of the body is nourished by fruits and vegetables of each color. Then, students will echo read a poem about colors, go on a scavenger hunt, and explore books and magazines about food to find more foods of each color to add to their collaborative art project depicting a rainbow of different fruits and vegetables.</p>		
<p> Lesson Objectives: HC.K.2 Explain what Eat a Rainbow means. CLS.2 Students cooperate and communicate well with each other.</p>		
<p> Academic Standard Connections: CCSS.ELA-LITERACY.L.K.5.A Sort common objects into categories (e.g. shapes, foods) to gain a sense of the concepts the categories represent CCSS.MATH.CONTENT.K.MD.B.3 Classify objects into given categories; count the number of objects in each category and sort the categories by count.</p>	<p> Health Standard Connections: National Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.</p>	
<p> Essential Questions: What does it mean to "Eat a Rainbow"? Why is it important to eat a variety of colors of fruits and vegetables?</p>		
<p> Vocabulary: fruit(s), vegetable(s), vitamins, nutrients, nourish</p>		

NOTE:
Adapted from **Grade K Kitchen Lesson #2: Eat A Rainbow**, pg. 481.



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<p>Materials:</p>	
<p>Lesson Introduction:</p> <ul style="list-style-type: none"> • <i>Eating the Alphabet</i> by Lois Elhert • I Eat a Rainbow/Me Como un Arco Iris by Bobbie Kalman 	<p>Equipment:</p> <p>For whole class:</p> <ul style="list-style-type: none"> • Chart paper • Markers • 1 poster board (cut into 6 pieces) • Color poems <p>For each group:</p> <ul style="list-style-type: none"> • Crayons (2 boxes per table/group) • Post-it notes • Shop for a Rainbow handout (1 per student)
<p>Ingredients:</p> <ul style="list-style-type: none"> • Pre-cut carrot sticks • Pre-cut apple slices <p>(or other seasonal finger-food snack)</p>	
<p>Materials for Enjoying Food:</p> <ul style="list-style-type: none"> • Plates or cups for snack 	<p>Materials for Cleaning Up:</p> <ul style="list-style-type: none"> • Trash, recycling, and compost bins
<p>Assessment:</p> <p>Observations and completion of the Shop for a Rainbow handout</p>	
<p>Teacher Prep:</p> <ul style="list-style-type: none"> • Gather books and other materials. • Print and laminate color poems for display. • Cut the poster board into 6 equal rectangles. On each rectangle, write the name of a color (red, orange, yellow, green, blue, and purple). Use a marker of that color to write the word (i.e., write "red" in red ink). • Prepare/pre-cut finger-food snacks with enough for each student--divided into plates or cups. Store snacks as necessary. 	
<p>Additional Resources:</p> <ul style="list-style-type: none"> • Whole Kids Foundation, Eat a Rainbow • American Heart Association, Eating A Rainbow 	



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 **Engage:** *Ignite Interest*





- Remind students that, as discussed in Lesson #1: Welcome to the Kitchen, they each have something special to contribute to the class, and we welcome those unique qualities to our community. In the same way, each fruit and vegetable has special or unique qualities, to contribute to our experience of food or to the nourishment of our bodies. State that just as we need every student and their unique qualities to be our best community, we need a variety of fruits and vegetables and their unique qualities—vitamins and nutrients—to be our best selves.
- Review student names and the fruits and vegetables they chose in Lesson #1: Welcome to the Kitchen (that begin with the same letter as their name). Go around the class in a circle, working together as a group to remember the students' names and the fruits or vegetables they chose. If the class is stumped on the fruit or vegetable, the student can provide clues such as color, shape, size, taste, etc.

 **Explore:** *Stir Discoveries*

- Provide each student with a post-it note and each table with 2 boxes of crayons. Instruct students to first select the crayon that matches the color of the fruit or vegetable they chose (that goes along with their name). Instruct students to draw their fruit or vegetable on the post-it note.
- Distribute each of the small posters labeled with each color, placing 2 on each table. Instruct students to stand from their seats, move around the classroom, and stick their post-it note to the poster labeled with the matching color before returning to their table.
- When all students have returned to their table, invite them to explore/look at the color poster that's in front of them at their table with their small group. Have them name the fruits and vegetables they recognize and count the total number on their poster.

 **Explain:** *Clarify New Ideas*

- Explain to students that each group of fruits and vegetables are similar in color and may also have similar unique qualities that nourish our bodies. Group by group, explain how each color group may nourish our bodies and model a hand motion for students to remember it by:
 - **Red** fruits and veggies: help keep your heart strong (hands over heart)
 - **Orange** fruits and veggies: help keep your eyes healthy (point to eyes)
 - **Yellow** fruits and veggies: help keep you from getting sick (point to everything)
 - **Green** fruits and veggies: help make your bones and teeth strong (point to teeth)
 - **Blue** and **purple** fruits and veggies: help your memory (point to brain)
- In conclusion, explain that if students eat a variety of fruits and vegetables ("Eat a Rainbow"), they'll eat a variety of colors, and a variety of their body parts will be nourished from their heart, to eyes, to muscles, to teeth, to brain, and everything in between.

<p> Elaborate: <i>Watch It Rise</i></p> <ul style="list-style-type: none"> • Echo read the color poems with students and challenge students to point to the body part that is likely nourished by that color food. • Provide each group with more post-it notes and challenge them to draw one more fruit or vegetable that matches the color poster in front of them (including those they heard in the poem). • Read to students the following prompt to complete on their Shop for a Rainbow handout: “In your shopping bag, draw a fruit or vegetable of each color that you would want to buy from the grocery store or a farmers market to eat a rainbow.” • While students work, hang the posters together in rainbow order on a wall in the kitchen for students to view. New fruits and vegetables can be added throughout the year as they are introduced. 	
<p> Evaluate: <i>Reflect</i></p> <ul style="list-style-type: none"> • Review with students: <ul style="list-style-type: none"> ◦ What does it mean to “Eat a Rainbow”? ◦ Why is it important to eat a variety of colors of fruits and vegetables? • Review appropriate hand washing. Posters should already be displayed from the previous lesson. • Instruct each student to gently and carefully grab a snack (reminding students to “touch one, take one”). • Model the appropriate clean-up instructions (including collecting food scraps for the compost bucket) and have each student practice following the instructions as they finish eating. • Share appreciation for each of their individual contributions to the kitchen and to the community, and for their respect for the kitchen. Express excitement for your next time together. 	
<p> Connections to Garden Lessons: Students can look through the garden for fruits and vegetables of every color.</p>	<p> Possible Extensions: In the cafeteria, students can go on a rainbow scavenger hunt in the lunchroom or at the salad bar, finding fruits and vegetables of every color.</p>



Healthy For Good™

SEASONS *OF* EATING

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



SUMMER

berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



FALL

apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



WINTER

bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



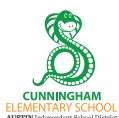
KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 1** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2** Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3** Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4** Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5** Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6** Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7** Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

EAT SMART **ADD COLOR** MOVE MORE BE WELL

#HEALTHYFORGOOD
LEARN MORE AT HEART.ORG/HEALTHYFORGOOD

Source credit: American Heart Association, Eating A Rainbow



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REASONS TO ADD COLOR

Turns out mom was right. We need to eat our fruits and veggies. But why are these colorful, nutritious and delicious foods so important?

1. FULL OF THE GOOD
Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

2. FREE OF THE BAD
Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

3. WON'T WEIGH YOU DOWN
Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

4. SUPER FLEXIBLE SUPER FOODS
All forms of fruits and vegetables - fresh, frozen, canned, dried and 100% juice - can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

5. A WHOLE BODY HEALTH BOOST
A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.

heart.org/addcolor #ADDCOLOR

Source credit: American Heart Association, Eating A Rainbow



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The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK
 beets
 cherries
 cranberries
 pink grapefruit
 pomegranates
 radicchio
 red radishes
 raspberries
 red apples
 red grapes
 red peppers
 red potatoes
 rhubarbs
 strawberries
 tomatoes
 watermelons

BLUE & PURPLE
 blackberries
 blueberries
 eggplants
 grapes
 plums
 prunes
 purple figs
 purple onions
 radicchio
 red cabbage
 red onions

EAT MORE COLOR

YELLOW & ORANGE
 acorn squash
 butternut squash
 apricots
 cantaloupes
 carrots
 corn
 grapefruit
 lemons
 mangoes
 nectarines
 oranges
 orange peppers
 papayas
 peaches
 pineapples
 pumpkins
 summer squash
 sweet potatoes
 tangerines
 yams
 yellow apples
 yellow peppers
 yellow squash

WHITE & BROWN
 bananas
 brown pears
 cauliflower
 currants
 dates
 garlic
 Jerusalem artichokes
 mushrooms
 onions
 potatoes
 parsnips
 raisins
 shallots
 turnips

GREEN
 artichokes
 asparagus
 avocados
 bok choy
 broccoli
 Brussels sprouts
 celery
 collard greens
 cucumbers
 green beans
 green cabbage
 green grapes
 green onions
 green peppers
 kale
 kiwis
 leeks
 limes
 mustard greens
 okra
 peas
 snow peas
 romaine lettuce
 spinach
 sugar snap peas
 watercress
 zucchini

heart.org/addcolor #ADDCOLOR

American Heart Association. Life is why. Healthy For Good™

Source credit: American Heart Association, Eating A Rainbow



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Wash Your Hands!
¡Lávese Las Manos!

1 Wet Hands
Mójese las manos

2 Apply Soap
Aplique jabón

3 Scrub for 20 seconds
Frótese las manos por 20 segundos

4 Rinse
Enjuáguese

5 Dry
Séquese las manos

6 Turn Off Water with Paper Towel
Cierre el grifo usando una toalla de papel

N EXTENSION

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Source credit: [Washing Poster](#)



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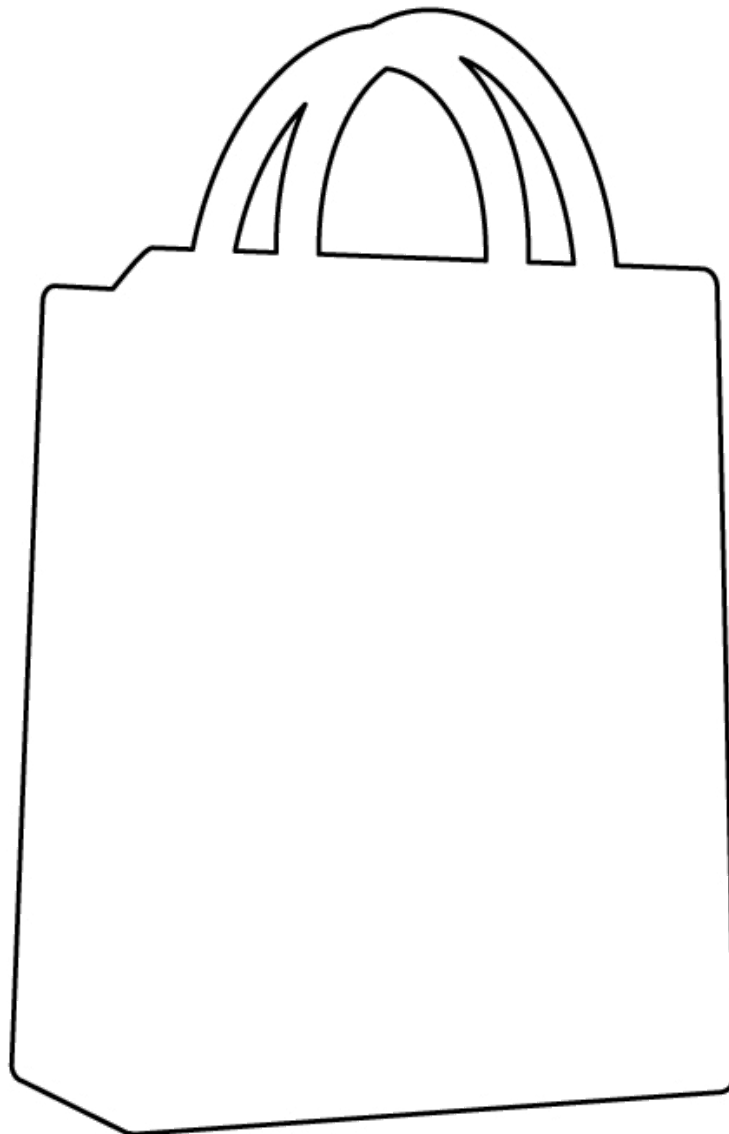
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Name: _____

Date: _____

Shop for a Rainbow

Draw a fruit or vegetable of each color that you would want to buy from your local grocery store or farmers market to “eat a rainbow.”



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EAT A RAINBOW!

Why are there so many songs about rainbows? Because they're amazing and beautiful—not just in the sky, but also on the dining table! "Eating a rainbow" helps your body get a complete range of nutrients.

WHAT DOES IT MEAN TO EAT A RAINBOW?

- Choosing a variety of different-colored **whole foods** throughout the day and week.
- The more **naturally occurring colors** on your plate at each meal or snack, the better.
- It *does not* mean making a rainbow with artificially colored foods (gummy snacks, soda, popsicles, etc.)

WHAT'S UNDER THE RAINBOW?

Color	Foods	Possible Nutrients	Supports
Red	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon	flavonoids, lycopene, vitamin C, folate	heart health, memory
Orange/ Yellow	cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, yellow peppers	beta-carotene, vitamin A, vitamin C	healthy eyes, heart health, immune function
Green	asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach	chlorophyll, vitamin K, carotenoids, isothiocyanates, omega-3 fatty acids	healthy bones, teeth and eyes
Blue/ Purple	dark beans, eggplant, beets, blueberries, blackberries, figs	anthocyanin	memory and healthy aging
White	ginger, jicama, onions, mushrooms	flavonoids	heart health and good cholesterol levels

THE NUTRITION RAINBOW CONNECTION

Fruits and vegetables get their color from naturally occurring micronutrients—such as vitamins and phytonutrients—which are essential for good health. One key function of these nutrients is **antioxidants**, which include beta-carotene, lutein, lycopene, and vitamins A, C and E. (Not all antioxidants impart color, but eating a colorful range of foods helps you get them all.)



THE RAINBOW DINNER GAME

Step 1

Before dinner, draw a rainbow on a sheet of paper. Bring your drawing, a pencil and some scratch paper to the dining table.

Step 2

Look for a food on the table to match each color on your rainbow. Write down which colors are missing.

Step 3

Make a list of foods that would fill in the missing colors. Then add these to the weekly shopping list.

Bonus

Take your rainbow to school and play this game at lunch with at least 3 friends!

Source credit: [Whole Kids Foundation, Eating A Rainbow](#)



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NEXT STEPS:

The Other Side of the Rainbow

Keep food rainbows in the forecast and sustain the kid excitement with these activities:

- **Gradually transition to filling at least half your plate** with colorful veggies at each meal.
- **Pick a color theme of the week.** Get as many fruits and veggies of that color as you can find, then let the whole family taste them all. Add favorites to your regular shopping list.
- **Keep a rainbow diary or calendar.** Let kids write down which colors they eat each day over a period of a week or month and then look back and talk about favorites. Use stickers to make it fun or download the "Today I Tried" Chart at www.todayiatearainbow.com/resources/free-downloads/.
- **Plant colorful vegetables in the yard** so kids can see the rainbow grow from seeds.

TIPS FOR PARENTS

Bring more rainbows to your table with these colorful ideas:

- Put at least **one produce item of each color** on the shopping list every week.
- Buy what's **in season** to enjoy peak flavor and lower prices.
- **Serve produce at peak ripeness.** Some kids reject foods that are under or over ripe. Learn how to pick 'em with the Whole Foods Market® online fruit and vegetable guides www.wholefoodsmarket.com/recipes/food-guides.
- **Rinse fresh fruits and veggies as soon as you get home** so they're ready for kids to grab and eat. Store them within kid reach.
- **Serve up food pictures or sculptures.** Arrange raw fruit and veggie rainbows on plates, thread them onto skewers, or use toothpicks to stick chunks together and create pyramids, faces or funny characters.
- **Let kids play with their food (just a little).** Allowing them to build their own food rainbows and sculptures may inspire children to eat them.
- **Serve a weekly rainbow dinner** with every color represented at one meal.
- **Put a rainbow of foods in their lunch box.** They'll love showing it off and may encourage classmates to eat more colors, too!
- **Serve fresh fruit as dessert.** If your child is used to a lot of sweets, sprinkle on some granola, a drizzle of honey or vanilla yogurt, then over a few weeks transition to just fruit.

QUICK & EASY RECIPES

Let kids help with the simple steps in **bold!**

BREAKFAST

Rainbow Fruit Skewers with Yogurt Dip

1. Choose your favorite fruits (berries, pineapple, kiwi, apples, oranges, etc.) and cut them into equal-size chunks. **2. Thread them onto wooden skewers.** **3. Dip 'em into nonfat vanilla yogurt** or a mix of ½ cup nonfat plain yogurt with 1 teaspoon honey.

LUNCH / SNACK

Eggplant Chips

1 medium eggplant, washed and sliced into ¼" thick rounds
 sea salt
 spices (optional)
 olive oil

1. Preheat oven to 400 degrees. **2. Arrange eggplant rounds in a single layer on a large metal baking sheet.** **3. Brush both sides of the eggplant lightly with olive oil.** **4. Sprinkle with salt and any other spices you like.** **5. Bake for 15 minutes,** then check for doneness. When eggplant starts to brown on the top, flip it over and brown the other side for another 10–15 minutes. Chips should be crisp and very brown when done. **Tip:** Try them with hummus dip!

DINNER

Rainbow Chili

1 zucchini, sliced
 1 yellow squash, sliced
 1 red bell pepper, diced
 1 jalapeño pepper, minced (optional)
 1 onion, diced
 4 garlic cloves, minced
 1 can crushed tomatoes with liquid
 1 can tomato paste
 1 can black beans
 1 can chili beans
 1 can whole kernel corn
 1 tablespoon olive oil
 1 tablespoon chili powder
 ½ teaspoon dried oregano
 ¼ teaspoon cayenne pepper
 ½ teaspoon ground black pepper

1. Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, bell pepper, jalapeño, onions and garlic. Sauté until tender (about 5 minutes). **2. Add canned ingredients and reduce heat to a simmer.** **3. Stir in spices and simmer 45–60 minutes, stirring occasionally, until chili reaches desired consistency.**

Source: www.todayiatearainbow.com



CONNECT WITH US!
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