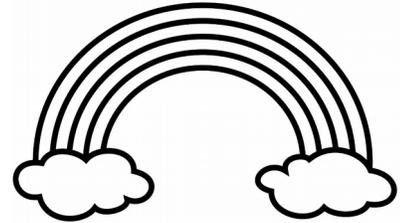


# Eat A Rainbow

*A lesson from the New Jersey Agricultural Society  
Learning Through Gardening program*

**OVERVIEW:** In this lesson, students explore the many different colors of fruits and vegetables and learn why eating a variety of colors is good for them. They work together to brainstorm a list of different-colored fruits and vegetables and keep track of the different colors they eat in a week.



**GRADES:** 3-5

**OBJECTIVES:** The student will be able to:

- Identify the names and colors of different fruits and vegetables.
- Identify what the recommended serving of fruits and vegetables is on MyPlate.
- Describe some of the health benefits of eating fruits and vegetables of different colors.

**MATERIALS:** *(for each student)*

*MyPlate sheet*

*Eat a Rainbow for a Healthy Body sheet*

*Eat A Rainbow Fruits and Veggies List blank sheet*

For teacher: *Eat A Rainbow Fruits and Veggies List completed sheet*

*Optional: Eat a Rainbow Week log sheet*

**INTRODUCTION:**

Give each student a copy of MyPlate. Ask what are the recommended servings of fruits and vegetables at every meal. Ask students whether they eat the MyPlate recommended servings, and if not, how they could increase the fruits and vegetables that they eat. Tell students that today they are going to learn the benefits of eating a rainbow of fruits and vegetables – that it's also important to eat fruits and vegetable of all different colors.

**PROCEDURE:**

Give each student a copy of the *Eat a Rainbow for a Healthy Body* sheet. Review the sheet with the entire class. Ask students what are their favorite fruits and vegetables and what are their health benefits.

Divide students into small groups. Give each student a copy of the blank *Eat a Rainbow Fruits and Veggies List*. Give the students five or ten minutes to brainstorm and list fruits and vegetables that fit into the different color categories. Tell the groups to work quietly so that other groups do not overhear their suggestions.

Bring the whole class together and discuss each group's findings. The teacher can use the completed *Eat a Rainbow Fruits and Veggies List* to give hints and have the students guess fruits and vegetables they did not put on their group lists.

### EVALUATION:

Ask students to write a paragraph or several paragraphs explaining how many fruits and vegetables they should eat daily and why eating different-colored fruits and vegetables is important for them. Ask them to include in their paragraph examples of different-colored fruits and vegetables that they like to eat.

### EXTENSION:

For homework, ask students to log for a week the fruits and vegetables they have eaten to check to see if they are eating a rainbow.

### New Jersey Learning Standards

*Health:* 3-4: 2.1.2.B.1,2 5: 2.1.4.B.1,2

*Science:* 5:LS1.C

# Eat A Rainbow for a Healthy Body

You should eat a rainbow of fruits and vegetables every week to make sure that your body stays healthy and strong. Fruits and vegetables of different colors contain different vitamins and nutrients for different parts of your body.

**Red foods** keep our hearts healthy. They also improve our memory so we can remember things better and do better in school.

**Orange foods** are full of vitamin C. Vitamin C helps us fight a cold and helps to prevent cancer. Orange foods are also full of vitamins A and beta-carotene, which help us see in the dark and keep our skin healthy.

**Yellow foods** are full of antioxidants that fight off dangerous substances that can damage our cells. They also keep our hearts healthy and keep us from getting sick.

**Green foods** help our entire body: they keep our nails strong, help us see better, keep us from getting sick, give us strong bones and teeth, and keep away cancer.

**Blue and Purple foods** can help our memory. They also contain flavonoids, which are a type of phytochemical that keep cancer and heart disease away.

**White foods** help keep our heart, lungs, and blood vessels healthy. They can also lower cholesterol and make our bones strong.

## Eat A Rainbow - Fruits and Veggies List

Green	White	Red	Yellow/ Orange	Blue/ Purple
Artichokes	Bananas	Beets	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Blackberries
Asparagus	Cauliflower	Cherries	Cantaloupe	Blueberries
Avocados	Dates	Cranberries	Carrots	Dried plums
Broccoli	Garlic	Guava	Golden kiwi	Eggplant
Broccoli rabe	Ginger	Papaya	Grapefruit	Elderberries
Brussel sprouts	Jerusalem	Pink grapefruit	Lemon	Grapes
Celery	artichoke	Red grapefruit	Mangoes	Plums
Chinese cabbage	Jicama	Pomegranates	Nectarines	Pomegranates
Cucumbers	Kohlrabi	Radicchio	Oranges	Prunes
Endive	Mushrooms	Radishes	Papayas	Purple endive
Green apples	Onions	Raspberries	Peaches	Purple potatoes
Green beans	Parsnips	Red apples	Persimmons	Purple asparagus
Green cabbage	Potatoes	Red bell peppers	Pineapples	Purple cabbage
Green grapes	Shallots	Red chili peppers	Pumpkin	Purple carrots
Green onion	Turnips	Red grapes	Rutabagas	Purple figs
Green pears	White corn	Red onion	Sweet corn	Purple grapes
Green peppers	White nectarines	Red pears	Sweet potatoes	Purples peppers
Honeydew	White peaches	Red peppers	Tangerines	Raisins
Kiwi		Red potatoes	Yellow apples	
Leafy greens		Rhubarb	Yellow beets	
Leeks		Strawberries	Yellow pears	
Lettuce		Tomatoes	Yellow peppers	
Limes		Watermelon	Yellow potatoes	
Okra			Yellow summer squash	
Peas			Yellow tomatoes	
Snow peas			Yellow watermelon	
Spinach			Yellow winter squash	
Sugar snap peas				
Watercress				
Zucchini				

# Eat A Rainbow - Fruits and Veggies List

Green	White	Red	Yellow/ Orange	Blue/ Purple

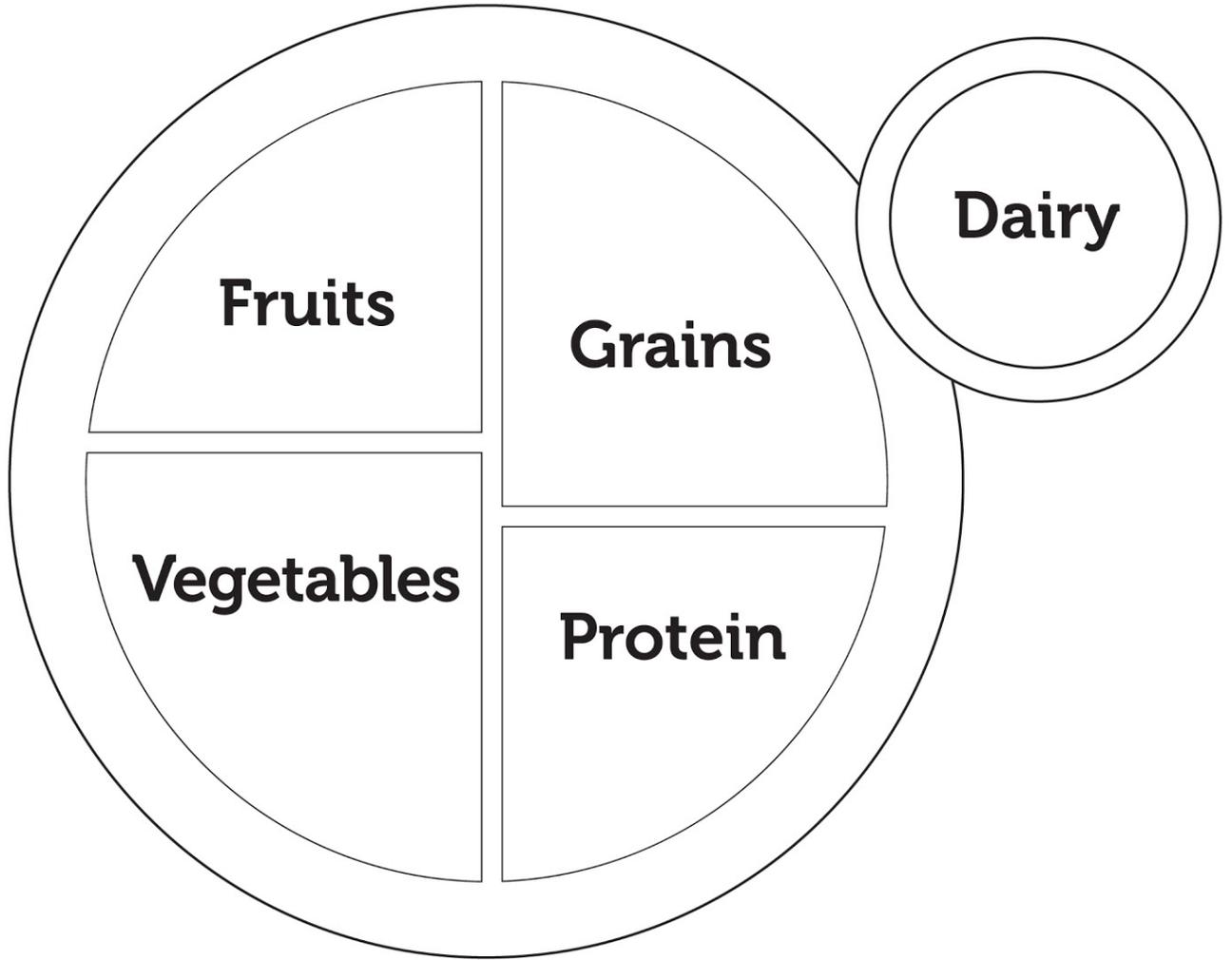
# Eat A Rainbow Week

Dear Parents:

Today in class we learned that it was important to eat a rainbow of fruits and vegetables every week. Eating different-colored fruits and vegetables keeps our bodies healthy and helps to fight away sickness.

The students promised to try to eat fruits and vegetables from all colors of the rainbow this week. Please help them fill in the fruits and veggies that they ate, either with pictures or with words.

	Fruits and Vegetables I Ate	Color
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Choose **MyPlate**.gov