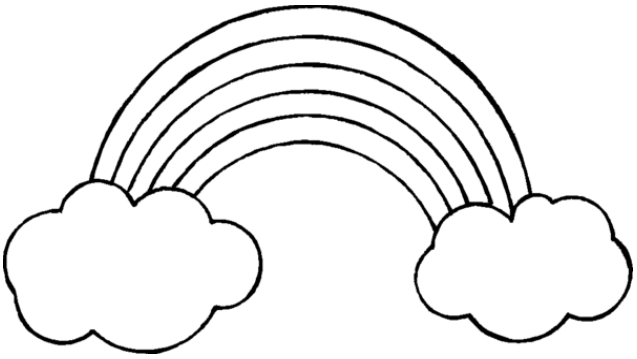
Eat a Rainbow

A lesson from the New Jersey Agricultural Society Learning Through Gardening Program

Grades: K-2



Objectives: The student will be able to:

- Identify the names and colors of different fruits and vegetables.
- Explain some of the health benefits of eating a variety of different-colored fruits and vegetables.

Introduction:

Ask students if they've ever eaten a rainbow. Explain that eating different colors of fruits and vegetables during every week can help keep their bodies healthy and fight away sickness.

Place or draw a picture of a rainbow on the board. Ask students to name some of their favorite fruits and vegetables and to pick a color on the rainbow they match.

Procedure:

Read a book that highlights different colors of fruits and vegetable such as:

Rah, Rah, Radishes or Go, Go, Grapes by April Pulley Sayre
Lunch by Denise Fleming
Growing Colors by Bruce McMillan
Eating the Alphabet by Lois Ehlert

As you read, have the students notice the colors of the fruits and vegetables in the books and where they fit on the rainbow.

Use the "Eat a Rainbow for a Healthy Body" sheet to discuss with students how different-colored fruits and vegetables keep all parts of their bodies healthy, prevent diseases, and improve their memories.Ask the students if they will try to eat a rainbow in the next week. Encourage the students to try new foods. Send the "Eat A Rainbow Week" log sheet home with the students to complete at home and bring back to school at the end of the week.

Evaluation:

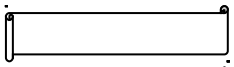
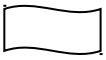
Completed "Eat a Rainbow Week" log sheet.

Extensions:

Bring in a basket full of different-colored fruits and vegetables to school. Allow the children to view, touch, and smell them and discuss where they would go on the rainbow. Have a colorful fruits and veggies tasting.

Encourage students to play "I Spy" with their parents at the grocery store. They can help their parents find fruits and vegetables of all different colors and fill their cart with a rainbow.

Make a Rainbow Eater booklet (included with this lesson) Make sure students are familiar with the different colors of fruits and vegetables before they begin.

1. Students cut out the book pages or glue them on half sheets of the corresponding color of paper.
2. Students fill in the scroll  shapes with their name.
3. Wherever a wave  appears, students fill it in with the correct pronoun (he or she). Encourage them to use capital letters where appropriate.
4. Students add illustrations of their choice on the blank page as long as they match the description. For example, juicy and red could describe a strawberry, watermelon, or raspberry.
5. Pages are bound into book.

Rainbow booklet courtesy of Maryland Agriculture in the Classroom.

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 Week

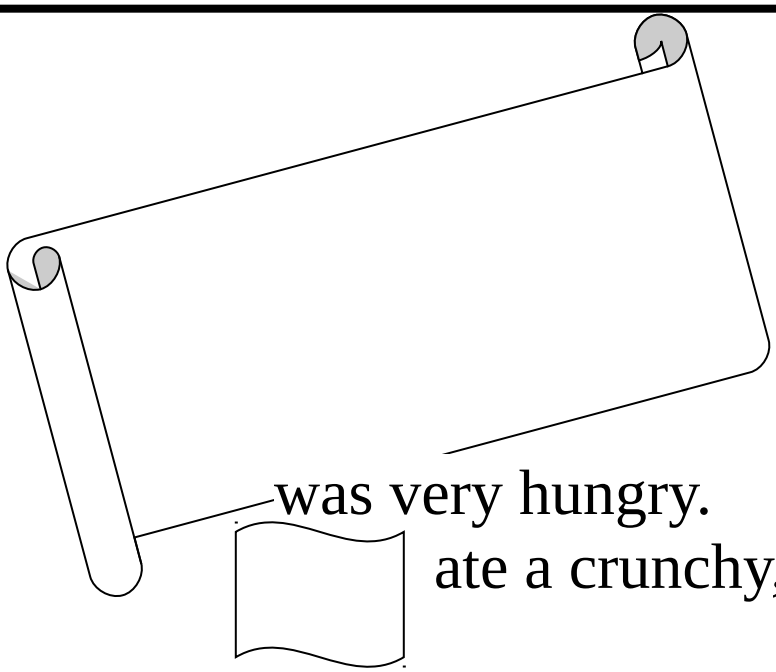
Dear Parents:
Today in class we learned that it was important to eat a rainbow of fruits and vegetables every week. Eating different-colored fruits and vegetables keeps our bodies healthy and helps to fight away sickness.

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		

The Rainbow Eater

Written and Illustrated by

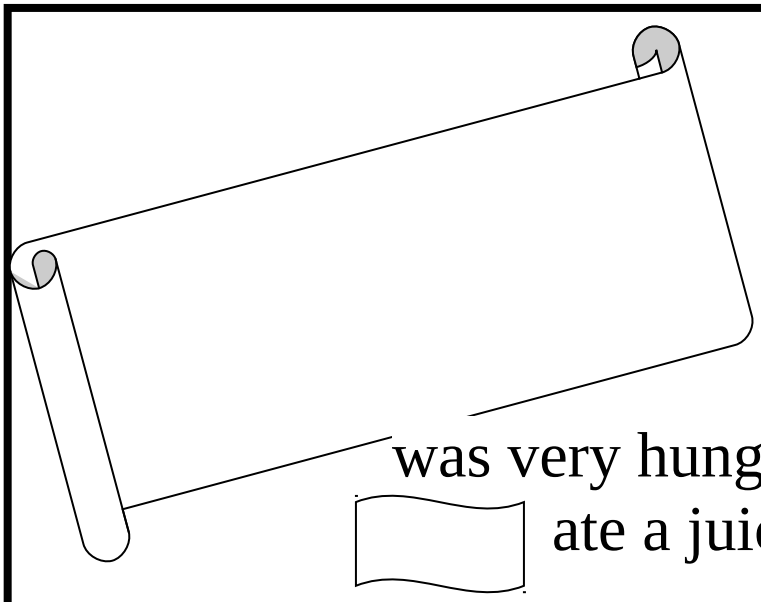


was very hungry.

ate a crunchy, orange

Page 1

Page 2

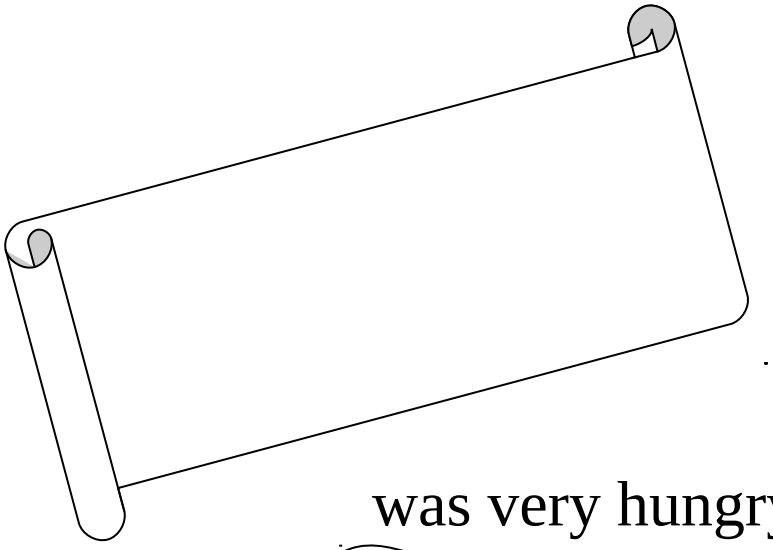


was very hungry.

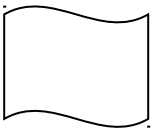
ate a juicy, red

Page 3

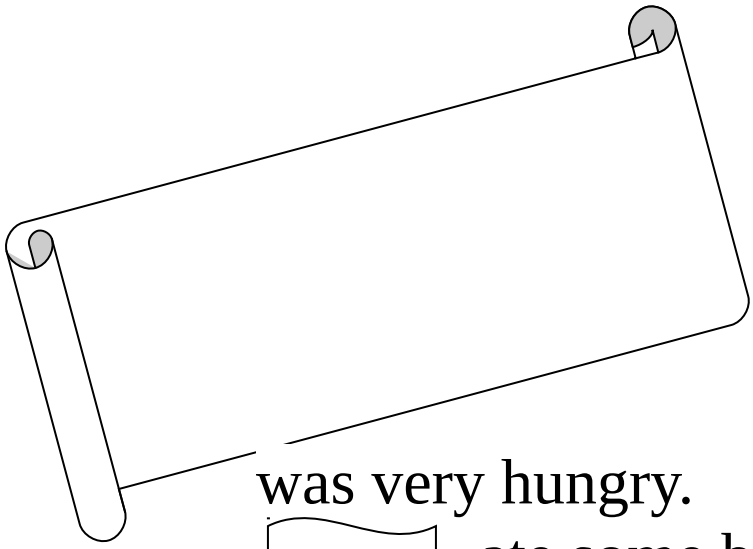
Page 4



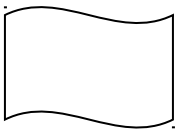
was very hungry.



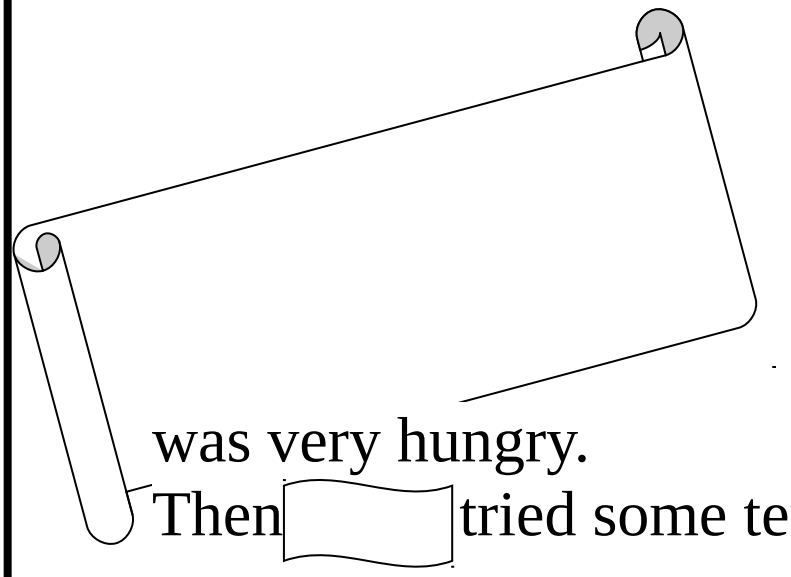
ate some sweet, yellow



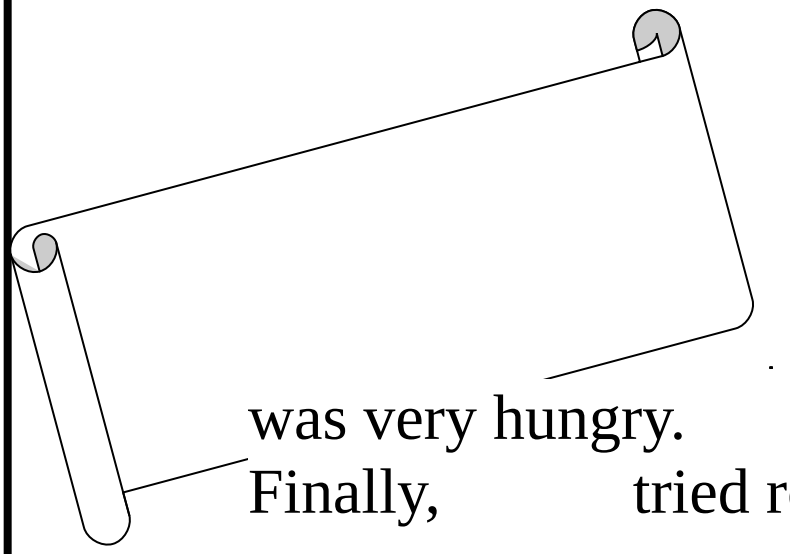
was very hungry.



ate some blue



was very hungry.
Then tried some tender, green



was very hungry.
Finally, tried round, purple