



Activity #4: Eat Like A Rainbow

Directions for Teachers

Health, Art

Objective: Children will learn why it's important to "eat like a rainbow!" as they create a color wheel with fruits and vegetables.

Directions:

1. Discuss the benefits of eating fruits and vegetables, and how many different kinds and colors there are. Explain to students how it's fun to make a rainbow of color on their plate — with different colors of fruits and vegetables. Each color provides different sets of important nutrients, and there are so many to choose from! (See below for a list of fruits and veggies by color.)
2. Put the names of the different colors on the chalkboard, or ask children what the different colors of the rainbow are. "ROYGBV" is a great way to remember the colors! Then, have your students try to name all the fruits and veggies they can think of for each color. You can even divide the students into groups, each taking a different color to research different fruits and veggies that apply.
3. It's time to make the Color Wheel. If possible, provide kids with paints and brushes. If not, use markers or crayons. Ask children to color the foods on their activity sheet. First, have them color the primary colors: color the tomato red, the banana yellow, and the blueberries blue.
4. Have children color the secondary color, starting with carrots. Ask what color they should be, and then instruct your students to mix orange from red and yellow, so they can color the carrots. Do the same for the grapes (blue+red = purple), and broccoli (yellow+blue = green).
5. Have them read or sing the "Eat Like A Rainbow" song out loud. For a copy of the music CD, visit: www.foodplay.com/store

A Rainbow of Flavor...

Below is a list of popular fruits and vegetables by color. See if your students can come up with any more!

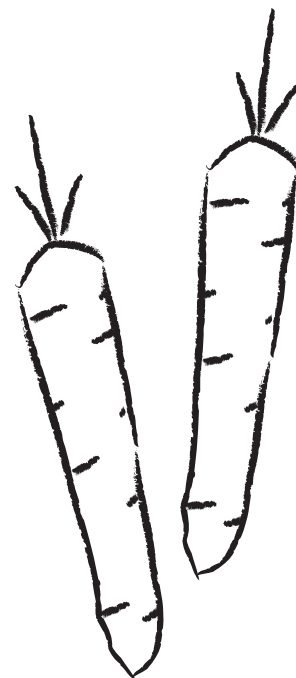
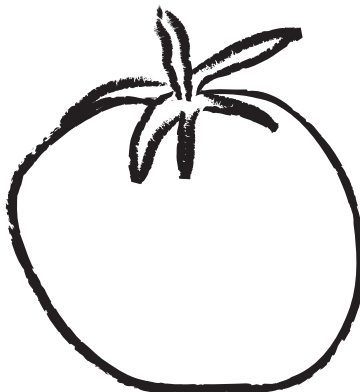
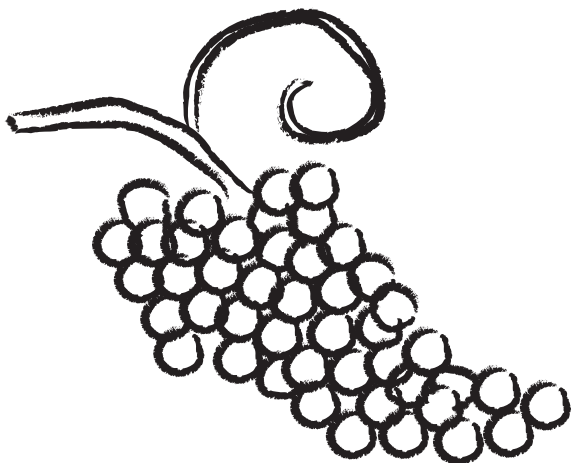
RED	ORANGE	YELLOW	GREEN	BLUE/INDIGO/ VIOLET
FRUITS	FRUITS	FRUITS	FRUITS	FRUITS
Apples	Apricots	Lemons	Avocados	Blackberries
Cherries	Cantaloupe	Grapefruit	Green Apples	Blueberries
Cranberries	Mangoes	Peaches	Green Grapes	Figs
Pomegranates	Nectarines	Pineapple	Honeydew Melon	Juneberries
Red Grapefruit	Oranges	Yellow Apples	Kiwi	Plums
Red Raspberries	Papayas	Starfruit	Limes	Prunes
Strawberries	Peaches			Purple Grapes
Tomatoes	Persimmon			Raisins
Watermelon	Tangerines			
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Beets	Butternut Squash	Cabbage	Broccoli	Eggplant
Chile Pepper (red)	Carrots	Corn	Brussels Sprouts	Blue Potatoes
Radishes	Pumpkin	Onions	Chile Pepper (green)	
Red Cabbage	Rutabagas	Turnips	Cucumbers	
Red Peppers	Sweet Potatoes	Yellow Peppers	Green Beans	
Red Potatoes		Yellow Squash	Greens (Kale, etc.)	
Rhubarb		Yellow Tomatoes	Peas	
			Spinach	
			Zucchini	

Activity #4: Eat Like A Rainbow

Name: _____

Make a FRUIT and VEGETABLE Color Wheel! Fruits and veggies are great ways to add color to your plate. And, they give your body the vitamins, minerals and fiber you need to grow strong and healthy. There are so many colorful fruits and vegetables to choose from. Try to eat a "rainbow of colors" with fruits and veggies throughout the day!

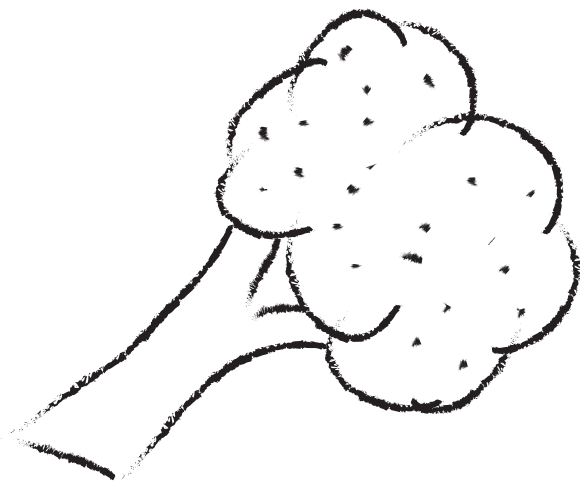
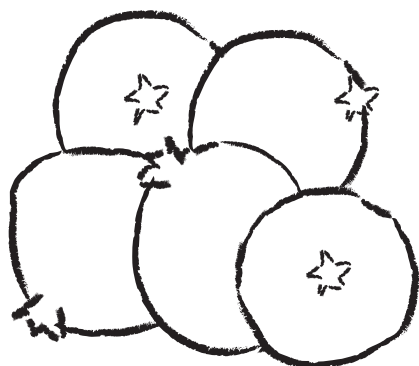
DIRECTIONS: Color the tomato (red), the banana (yellow), and the blueberries (blue). Then mix your colors (if you're painting), or find the right color (crayons) to fill in the carrots (mix red & yellow), the grapes (mix red & blue), and the broccoli (mix yellow & blue). When you're done, you can sing or recite the "Eat Like A Rainbow" song!



Eat Like A Rainbow

I like to eat like a rainbow
Builds my body and it makes my brain grow
Helps my heart beat and my blood flow
I like to eat like a rainbow

Red, orange, yellow, and green,
The tastiest colors I've seen
I like to eat food that's purple and blue
'Cause colorful foods are healthier, too



Music & Lyrics ©2007 Jay Mankita
from "Eat Like a Rainbow" (Music CD)

