**GOAL**

Students will recognize that eating a variety of colors (a rainbow) of fruits and vegetables provides the different nutrients their bodies need.

**OBJECTIVES**

1. Students will be able to describe eating a healthy rainbow as eating a variety of colors from the fruit and vegetable groups.
2. Students will be able to identify fruits and vegetables of the following colors: red, orange, yellow, green, blue/purple, white/tan.

**NC EDUCATION AND HEALTHY LIVING STANDARDS**

Healthful Living Essential Standard K.NPA.1.1: Understand MyPlate as a tool for selecting nutritious foods. Classify foods by groups in MyPlate.

English Language Arts Essential Standard RF.K.4 c.: Read common high-frequency words by sight.

Healthful Living Essential Standard 1.NPA.1.1: Understand MyPlate as a tool for selecting nutritious foods. Select a variety of foods based on MyPlate.

**ESTIMATED TIME FRAME:** 30 minutes

**MATERIALS NEEDED**

- [ ] Fruits & Vegetables PowerPoint presentation
- [ ] Taste test supplies
- [ ] Student worksheet
- [ ] Parent handouts
- [ ] Educational incentive

**INTRODUCTION/REVIEW**

Hi boys and girls. Before we get started with today’s fun, let’s review what we talked about last time I was here. [Spend a couple minutes reviewing MyPlate and Food Group Friends.]

[OPTIONAL longer Grains, Protein and Dairy review and/or Dairy Review Quiz]

Today we are going hear from Farrah Fruit and Reggie Veggie to learn about the Fruit Group and the Vegetable Group. Usually we have been learning about one food group at a time, but these two food groups help us to be healthy in many of the same ways so we will look at them together.

**MIND GRABBER**

Let’s talk about eating a RAINBOW! What do you think it means to eat a RAINBOW?

It means eating a rainbow of foods from the fruits and the vegetable groups – eating all of the different colors of fruits and vegetables – Red, orange, yellow, green, blue, purple, and even white fruits and vegetables!

Before we talk more about eating a rainbow, let’s warm up with the rainbow. [physical activity break]
If you see a red vegetable or fruit, run in place. If you see an orange vegetable or fruit, lunge. If you see a yellow vegetable or fruit, balance on one leg. If you see a green vegetable or fruit, do squats. If you see a blue or purple vegetable or fruit jump in place. All for a 5 second count.

**DISCUSSION**

Now let’s meet Reggie Veggie and Farrah Fruit.

**Reggie veggie!**

Let’s look at Reggie Veggie.

What is his body made from? (carrot)
His legs and feet? (broccoli)
His arms? (string beans)
His hat? (spinach)

This gives us a clue as to what kinds of foods are in the vegetable group.

Get your thumbs ready… Give thumbs up if you like any of these Reggie Veggie Vegetables.

Let’s learn why vegetables are important for our bodies.

Repeat after me. When I eat, foods from, the Reggie Veggie group, I give my body, Vitamins and Minerals. [Make ‘V’ with arms for Vitamins and ‘M’ for minerals when chanting.] You will learn more about what vitamins and minerals do for our bodies in 2nd grade.

Raise your hand if you can share a name a food in the vegetable group.

**Learning Spanish**

Let’s have some fun with Spanish, and learn a few words!

Everyone repeat after me – I have broccoli.

Now let’s say the same thing in Spanish. Repeat after me – Yo tengo broccoli.

Let’s break it down word for word. Repeat after me.

I...Yo...
have... tengo...

Broccoli... broccoli (sounds the same, spelled differently)
I have broccoli...

Great job! (Muy Bien)

**Farrah Fruit!**

Now, let’s look at Farrah fruit.

What is her body made from? (red apple)
Her feet? (Watermelon)
His arms and hand? (banana and strawberry)
Hair? (blackberries)
In the basket? (kiwi)

This gives us a clue as to what kinds of foods are in the fruit group.

Get your thumbs ready… Give thumbs up if you like any of Farrah Fruit fruits.

Let’s learn why fruit is important for our bodies.

Repeat after me. When I eat, foods from, the Farrah Fruit group, I give my body, more Vitamins and Minerals.
Both Reggie Veggie and Farrah Fruit give use Vitamins and Minerals, but we can tell the difference because Farrah fruits are usually sweeter.

[Make ‘V’ with arms for Vitamins and ‘M’ for minerals when chanting.]

Learning spanish!
Let’s have some more fun with Spanish/Espanol!
We’ll use one word from the last Spanish slide again, ‘I’ and ‘Yo’

Everyone repeat after me – I eat fruit.
Now let’s say the same thing in Spanish. Repeat after me – Yo como fruta.
Let’s break it down word for word. Repeat after me.
I...Yo...
eat... como...
Fruit... fruta...
I eat fruit...
Yo como fruta....
Great job! (Muy bien!)

Raise your hand if you can share a name a food in the fruit group.

Eating all of the different colors of fruits and vegetables helps us grow healthy and makes our bodies feel good. We’ll learn about what each different color does for our bodies in a moment.

Red
Great! Now, let’s work together to make a rainbow of fruits and vegetables and we will talk about how each color helps our bodies.
Together let’s say the name of each red fruit or vegetables as it comes on the board.
Raise your hand if you can name a red fruit or vegetable. Red fruits and vegetables keep your heart healthy.
Can you make a heart with your hands?
Now repeat after me: “When I eat red fruits and vegetables, they keep my heart healthy.”

Let’s start making our rainbow!
What color comes after red in the rainbow?

Orange
Together let’s say the name of each orange fruit or vegetables as it comes on the board.
Orange fruits and vegetables help your eyes see at night. Can you make glasses using your hands?
Now repeat after me: “When I eat orange fruits and vegetables, they keep my eyes healthy.”

Let’s put orange into our rainbow!
What color comes after orange in the rainbow?

Yellow
Raise your hand if you can name a yellow fruit or vegetable. Yellow fruits and vegetables keep your hair and skin healthy. What does our skin do for us? It’s a layer of protection.
Everyone touch your skin and your hair.
Now repeat after me: “When I eat yellow fruits and vegetables, they keep my hair and skin healthy.”

Let’s put yellow into our rainbow!
What color comes after yellow in the rainbow?

Green
Raise your hand if you can name a green fruit or vegetable. Green fruits and vegetables help to keep your bones and your teeth healthy and strong.
Show me your beautiful smiles and let’s say together, “When I eat green fruits and vegetables, they give me strong bones and teeth.”

Let’s put green into our rainbow!
What color comes after green in the rainbow?

Purple
Raise your hand if you can name a blue or a purple fruit or vegetable. Everyone point to your brain. Blue and purple fruits and vegetables help your memory – they help you remember all those great things your teachers teach you! Your brain is the part of your body that you use to remember so blue and purple fruits and vegetables help your brain too!
Now repeat after me: “When I eat blue and purple fruits and vegetables, they help my memory.”

Let’s put blue/purple into our rainbow!
We have completed the rainbow but there is still one color important to our bodies. It’s the same color as clouds in the sky.

White/Tan
Raise your hand if you can name a white or tan fruit or vegetable. White and tan fruit and vegetables, along with all the colors, help our bodies fight off germs so we stay strong and don’t get sick too often.
Let’s all make a muscle and say: “When I eat white and tan fruits and vegetables, they help keep me healthy.”

Let’s put white/tan into our fruit and vegetable rainbow! How beautiful is that!!
We want to make sure that we are eating as many colors of the rainbow as possible everyday so that we can help every part of our bodies.

WRAP-UP & REVIEW
Build the Best You
Quiz time!!
Eating all of the different colors of fruits and vegetables gives our body what it needs to help us grow healthy and makes our bodies feel good.

Remember the hand signals of how each color helps us? Show me as a say each color [show hand signals after each color]

- Red fruits and vegetables help your... heart.
- Orange fruits and vegetables help your... hair and skin.
- Yellow fruits and vegetables help your... eyes.
- Green fruits and vegetables help your... bones and teeth.
- Blue and Purple fruits and vegetables help your... memory.
- White and Tan fruits and vegetables help your... body fight germs.

CHALLENGE
My challenge for you is when you go to lunch, today or tomorrow, count how many different colors of fruits and vegetables you have on your plate.

TASTE TEST IDEAS
1. Superhero smoothie
2. Fruit salad
3. Fruit parfait
4. Six plant part green salad
5. Carrot, celery, cucumber sticks with hummus
6. Rainbow salad

ADDITIONAL ACTIVITIES AND RESOURCES
1. **Read a story** – *Rabbit Food* by Susanna Gretz; *The Ugly Vegetables* by Grace Lin; *I Will Never NOT EVER Eat a Tomato* by Lauren Child
2. **Make a veggie superhero (or clown face)!** Using pre-cut vegetables (celery sticks, cucumber slices, shredded carrot, olive slices, etc.), have each student create a “veggie superhero” on a small plate. Have a few students share with the class what their superhero’s power is. Afterwards, students eat the vegetables. Serve with hummus or yogurt dip, if desired.
3. **Color Call** – Students form a seated circle. Pick one student to start with a bean bag (or F/V plush toy). The student with the bean bag tosses it to someone in the circle and calls out the color. The player who catches the bean bag says the name of a fruit or vegetable of the color called. They then throw it to another player in the circle while calling out another color. Encourage students to name fruits and vegetables that have not already been called. Play enough rounds so every student has a turn. (Adapted from “Oklahoma Ag in the Classroom, Fruit and Veggie Games.”)
4. **Fruit and Vegetable Riddles**
   - I am a very large fruit. It takes two hands to carry me. I am green on the outside and red on the inside. I have lots of black seeds that are fun to spit! What am I? (WATERMELON) What color is the part we eat? (RED)
- I am long and orange and have a green top. I am a root vegetable which means I grow under the
ground. I have vitamins that help you see better at night. Bunnies like to eat me. What am I?
(CARROT) What color is the part we eat? (ORANGE)
- My sweet kernels are yellow and sometimes white. You’ll find me wrapped in a green husk. When
you eat me you are really eating seeds. Even though I am an ear, I cannot hear. What am I? (CORN)
What color is the part we eat? (YELLOW)
- I am a green vegetable. I look like a tiny tree. When you eat me you are really eating a flower. I
taste great with cheese. What am I? (BROCCOLI) What color is it? (GREEN)
- I am a small round fruit. I come in bunches. I can be purple, red or green. When I am dried in the
sun, I become a raisin. What am I? (GRAPE) What color is it? (PURPLE)

5. USDA Discover MyPlate: Emergent Reader Mini Books – Fruits and Vegetables (English and Spanish)