



# standards based curriculum

Materials to inspire your USDA Fresh Fruit & Vegetable Program

## EATING THE RAINBOW

Through creating an Eat the Rainbow booklet, students will connect colorful produce to healthy eating habits.

**K-2: Primary & Intermediate Grades**

**Time: 30 minutes**

**Before you begin...**

### Gather materials

- FFV snack, including example of whole item
- Whiteboard or chart paper listing the colors and their corresponding health benefits (see chart below)
- Folded Paper Booklet (instructions here: <http://www.wikihow.com/Make-a-Booklet-from-Paper>)
- Markers and writing utensils for each student
- Fun facts & information about FFV

### Instructions

1. Distribute today's FFV snack and allow students to eat it while you teach the mini-lesson.
2. Begin by inviting students to share their favorite FFV. Capture their idea on the board, sorting into columns by color (but don't include column headings just yet).
3. Explain that today you will be exploring the rainbow of FFVs.
4. Write the column headings on the board: Red, Yellow/Orange, Green, Blue/Purple, White/Brown. Invite students to brainstorm FFVs that fall into these color categories and write them on the board.



## EATING THE RAINBOW CONT...

5. Introduce the word **nutrient** (substance that plants, animals, and people need to live and grow). Explain that different plants have different nutrients that we need to be healthy.
6. Reveal and explain the chart that explains the connections between colors and health benefits. Explain that it's important to eat a variety of different (colored) fruits and vegetables for optimum health.
7. Explain that students will make a mini-book today to remind themselves to Eat the Rainbow.
8. Distribute mini-booklets. Students can title their books 'Eat the Rainbow' and make one page per color category. Students will write and illustrate their book. You can vary the amount of writing per page depending on your students' skill level and your instructional goals. Ideally, each page names the color, explains the health benefits, and lists an example. Such as, "Red fruit and vegetables, like tomatoes, help keep our hearts and brains healthy." or "Eat red for your heart and head."  
Note: If you are pressed for time, students could each pick a color and make just one page or poster for that particular color.
9. Create time for students to share: partner shares, share one page, etc.

**Fruits and vegetables that are the colors below generally benefit specific areas of the body**

Red	Heart, head (memory)
Yellow/Orange	Heart, eyes, immune system
Green	Eyes, bones, teeth
Blue/Purple	Head (memory)
White/Brown	Heart



# EATING THE RAINBOW CONT...

## Extension

- Taste the Rainbow Sample Stations: provide samples of produce of each color
- Read
  - *Eating the Rainbow: Fruits and Vegetables from A-Z* by Lois Ehlert
  - *Growing Colors* by Bruce McMillan
- Research in more depth the health benefits of each color, some resources can be found here:
  - <http://myhealthydish.com/health-benefits-of-eating-a-rainbow/>
  - <http://www.onegreenplanet.org/natural-health/eating-the-rainbow-why-eat-a-variety-of-colorful-fruits-and-vegetables/>
  - <http://recipes.howstuffworks.com/fresh-ideas/healthy-dinners/health-benefits-of-fruits-and-vegetables-ga1.htm>

## Standards Alignment

### CCSS.ELA-LITERACY.CCRA.W.2

Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.