

I Can Eat a Rainbow

Nutrition Objective

Promote the importance of eating a variety of colorful fruits and vegetables.

Materials & Ingredients

Tomato (red)
Orange bell pepper (orange)
Canned corn (yellow)
Green apple (green)
Blueberries (blue/violet)

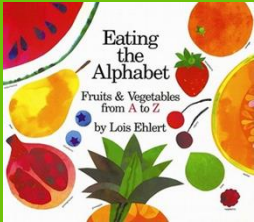
Cutting board
Teacher knife
Plastic knives
Paper plates



Food Preparation

- Rinse fresh produce. Drain and rinse canned corn.
- Slice tomato, pepper, and apple into thin slices so everyone gets a piece.
- Place all fruits and vegetables in separate containers.

Lesson Introduction



Questions of the Day:

- How can you eat a rainbow? (*Eat different, colorful fruits and vegetables*)
- Why is eating colorful fruits and vegetables good for you? (*They have vitamins and minerals our bodies need to help us grow, see, heal, think & move.*)

Read and discuss: *Eating the Alphabet* by Lois Ehlert

- There are many colorful fruits and vegetables in this book. How many are red, how many are yellow, how many are blue? (*choose a few pages and count the colors*).
- With what letter does your name start? Let's find a fruit or vegetable that starts with the same letter as your name does.
- Which fruits and vegetables have you tasted that start with the same letter as your name? Which would you like to try?
- Today we are going to taste tomatoes, pepper, corn, apple and blueberries. What is the first sound you hear in each of these words?

TSGOLD: 1b, c, 8, 9, 10, 12, 13, 16, 17, 20a, b

Lesson Process



- Everyone washes hands.
- Introduce and discuss the ingredients for the *Rainbow Salad*.
- Point out each food's color and how together they make a rainbow. (*red, orange, yellow, green, blue/violet*)
- Model cutting the apple, pepper, and tomato into smaller pieces and placing them in an arch on the plate. Add corn and blueberries to complete the rainbow. Drizzle with or dip into dressing.
- Describe the tastes and textures: "*It's sweet, juicy, and crunchy!*"
- Children serve themselves and use plastic knives to cut the fruits into smaller bites to create their own beautiful rainbows.
- Eat together and give children time to taste and comment on the flavors and textures.

Share your Story

- What was your favorite fruit or veggie today? Why?
- What ingredients would you use at home to make a rainbow salad?
- What fruit or vegetable from the book would you like to try?

TSGOLD: 1b, 8, 9a, b, c, 10

School to Home

- Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Extension Activity: Paint a Rainbow

Materials: paint, chart paper, toy cars (*that can be driven through paint*).
Preparation: Tape paper to table. Place a dollop of each paint color on the large paper.

- Children predict what will happen when cars are driven through the paints.
- Children walk in a circle around the table and drive toy cars through the paints.
- Children explore and discuss what happens when the colors mix.
- Display the beautiful rainbow made by the children.

TSGOLD: 1b, 7a, 8, 9, 10, 11a, b, d, e

Extension Activity: Colorful Bubbles

Materials: paper, bubble mixture, food coloring, and bubble wands.

- Add food coloring to several containers of bubble mixture.
- Children blow bubbles onto paper.
- Watch and discover what rainbow colors are made.
- Share your creations with your friends.

TSGOLD: 1b, 7, 8, 9, 10, 11b, 11d, 11e, 33

Physical Activity

Music and Movement

Play song “Can You Make a Rainbow?” (#3 English or #23 Spanish) on the Happy and Healthy CD (access songs using the QR code or link at bottom of page).

- Children spread out in an outdoor space or around the room. Everyone listens to the music and follows along.
- Children use their bodies to perform different movements.
- Start the music and join the children by modeling the different moves.

TSGOLD: 34

Ball Kicking

Equipment: various sized round balls, cones
Accuracy Station: set up 2 to 3 cones for target practice.

- Model how to kick the ball and aim for the cone.
- Children take turns kicking and retrieving the balls.

Dribble Station: set up 5 cones in a line with 2 feet between cones.

- Children take turns dribbling the ball in and out of the cones.

Partner Station: children kick the ball back and forth to a partner.

TSGOLD: 4, 5, 6

Physical Education: Gross Motor Manipulation Skills

- Kicking requires many important physical skills like balance, timing, and movement.
- Set non-kicking foot next to the ball.
- Kick the ball with the top of your shoe not your toes.
- Make contact in the center of the ball.
- Keep your eyes on the ball when it comes your way.
- Aim your kicking foot at the target for accuracy.
- See pages 125-131 in Encouraging Physical Activity in Preschoolers by Steve W Sanders for more information and activities on kicking.

TSGOLD Objective 6 Demonstrates gross motor manipulative skills

For additional activities, songs, & information visit:
<https://coloradosph.cuanschutz.edu/school-wellness>



Family Letter

I Can Eat a Rainbow



I Can Eat a Rainbow

Did you know that children should eat a variety of colorful fruits and vegetables to get the nutrients they need to grow? Rainbows are colorful, beautiful and fun to create! Try creating this rainbow salad at home and involve everyone in the process. Children who help prepare their own foods are more likely to try them!

Everyone can benefit from eating colorful fruits and vegetables.

- They provide different vitamins and minerals.
- They provide many health benefits like sharper vision, fighting colds, heart health, strong bones and teeth, good memory, and healthy aging.

Rainbow Salad



Ingredients:

- Tomato
- Orange bell pepper
- Canned yellow corn
- Green apple
- Blueberries
- Salad dressing

**Feel free to adjust ingredients depending on allergies and preferences.*

Directions:

1. Everyone washes hands.
2. Rinse fresh fruits and vegetables. Drain and rinse canned corn.
3. Place ingredients into an arch shape to look like a rainbow.
4. Drizzle with dressing and enjoy.



Physical Activity

Children need to be physically active for at least 60 minutes per day. A fun way to get some physical activity is to go on a nature walk and look for specific items. How about a rainbow nature walk? Look for items that are red, orange, yellow, green, blue, and purple.



SNAP benefits can be used at many Farmer's Markets in Colorado. When you use Double-up Food Bucks you can buy more fresh fruits and vegetables for your family!

Scan the QR code or visit this link to find a Farmer's Market near you.

<https://doubleupcolorado.org/where-its-at/>





Puedo Comer un Arcoiris

¿Sabía usted que los niños deben comer una variedad de frutas y vegetales de diferentes colores para obtener los nutrientes que necesitan para crecer? ¡Los arcoiris son coloridos, hermosos y divertidos de crear! Intenten crear esta ensalada de arcoiris en casa, e inviten a todos a participar. ¡Los niños que ayudan a preparar sus propios alimentos están mas dispuestos a probarlos!
Todos se pueden beneficiar en comer frutas y verduras de colores.

- Tienen diferentes vitaminas y minerales.
- Dan muchos beneficios para la salud como una visión más clara, combatir los resfriados, corazón saludable, huesos y dientes fuertes, buena memoria y envejecimiento saludable.

Ensalada Arcoiris



Ingredientes:

- Tomate
- Pimiento color naranja
- Elote enlatado
- Manzana verde
- Moras azúles

**Ajuste los ingredients dependiendo en sus preferencias y alergias*

Instrucciones:

1. Todos se lavan las manos.
2. Enjuaguen las frutas y vegetales. Escurren y enjuaguen en elote enlatado.
3. Acomoden los ingredientes en forma de arco para que parezca un arcoiris.
4. Rocíen con aderezo y disfruten.



Actividad Física

Los niños necesitan estar físicamente activos durante al menos 60 minutos al día. Una manera divertida de hacer algo de actividad física es ir a un paseo por la naturaleza y buscar cosas específicos. ¿Qué tal un paseo por la naturaleza estilo arcoiris? Busquen cosas que sean de color rojo, naranja, amarillo, verde, azul y morado.



Los beneficios de SNAP se pueden utilizar en muchos mercados de agricultores en Colorado. ¡Cuando usted utiliza Double-up Food Bucks usted puede comprar más frutas y verduras frescas para su familia!

Escanee el código QR, o visite este enlace para encontrar un mercado de agricultores cerca de usted.

<https://doubleupcolorado.org/where-its-at/>

