

Toddler 18-36 Months Eating a Rainbow

Nutrition Objective

This lesson helps children recognize foods that go in the fruit and vegetable food groups on MyPlate. Children taste and explore a variety of colorful fruits and vegetables and discuss why they are important to eat.

Materials and Ingredients

blackberries
canned beets
yellow squash
teacher knife
cutting board

spoons
paper plates
toddler knives
serving containers
can opener



Food Preparation (according to CACFP guidelines)

Before preparing food, show the whole foods to the children.

- Wash blackberries and squash; open canned beets.
- Slice squash into small pieces that children can cut with toddler knives.
- Place all foods into separate serving containers.



Lesson Introduction

Read and discuss *Eating the Rainbow* by Rena D. Grossman

- On each page, point out the colors of the foods, and talk about each food's name. Give children an opportunity to name some of the foods that are familiar.
- Discuss with children how foods come in many different colors, just like rainbows.
- Ask children which foods in the book they would like to try.

TSGOLD: 9a, b; 10a; 17; 18

Lesson Process

- Everyone washes their hands.
- Show children the foods that they will be tasting today. Help children identify the color of each food.
- Serve each child yellow squash, beets, and blackberries.
- After serving the foods, talk with children about the different flavors, smells, and textures of the foods.
- Demonstrate scooping a taste of beets with a spoon.

Lesson Extension

Rainbow Search - Indoors or outdoors

- Review the colors of the rainbow with children (red, orange, yellow, green, blue, indigo, violet)
- Stating one color at a time, children search around the classroom or outside on the playground to find items of each color.

If play food is available in play kitchen, show children other foods that are the colors of the rainbow.

TSGOLD: 11; 12

Physical Activity

Color Match Moves

- Set cones out in one line, side by side. Using tape, create a line on the floor starting at each cone and going straight out for several feet for children to utilize and match up to each cone.
- Get out rings and bean bags for children to match colors.
- Children pick up a ring or bean bag and then identify the matching color.
- Moving along the tape line, children practice walking on tip toes toward the cone, and then hop away from the cone along the line.
- At the end of their turns, children touch their hands to their hearts; ask them to describe what they notice about their bodies after hopping.
 - If children struggle with walking on tip-toes, hold both of their hands to help elevate them onto their toes. Walk with them on your toes to demonstrate the motion.
 - If children struggle with two-footed hopping, hold hands and help them to hop forward, or stand side-by-side, moving along with them, modeling the motion.

TSGOLD: 4; 5; 6; 8b

School to Home

Send home family letters to share the fun activities that children did in the classroom, and to show ways that these can be incorporated for the whole family.

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



SNAP-Ed

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