How to Eat a Rainbow

Nutrition Objective

This lesson helps children recognize different fruits and vegetables that can go in the fruit and vegetable groups of MyPlate. Children make and taste a colorful rainbow salad.

Materials and Ingredients

- tomato (red)
- orange bell pepper (orange)
- canned corn (yellow)
- green apple (green)
- blueberries (blue/violet)
- cutting board
- teacher knife
- plastic knives
- paper plates
- dressing

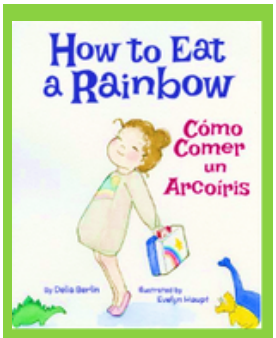


Food Preparation

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

- Rinse fresh produce. Drain and rinse canned corn.
- Slice tomato, pepper, and apple into thin slices so everyone will get 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: *How to Eat a Rainbow* by Delia Berlin.

- At the beginning of the book, what was the only vegetable Nicole would eat?
- What did Nicole ask her friends at lunch? (if she could try their colorful foods).
- What colors of foods did Nicole say her dinosaurs wanted to eat? (the same bright colors as they were).
- What do you think Nicole liked about the colorful foods her mother packed in her lunchbox?

TSGOLD: 1b; 2c; 8a; 9; 10; 11a; 12; 17; 18a, b, c

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 discuss on the flavors and textures.

TSGOLD: 1b, c; 7a, 8, 9a, b, c; 10

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; 10; 11; 24; 33
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; 7a; 8; 10; 11; 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: 4; 5; 6; 8; 34; 35
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 with their feet, in and out of the cones. Partner Station: children kick the ball back and forth to a partner. **Tip:** If children struggle with kicking: • Encourage children to continue to watch the ball as it comes their way. • Remind children to kick the ball with the top of their shoes and not their toes. TSGOLD: 4, 5, 6

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

SNAP-Ed Division of Food & Energy Assistance

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