



Question of the Day: How can you make a rainbow on your plate?

Theme: Fruits and vegetables come in many colors. Eating lots of different colors is good for your body. Use colorful fruits and vegetables to make a rainbow on your plate!

Social-Emotional



- **Foster Teamwork:** Turn a center in your classroom into a restaurant where children can prepare and serve a friend a healthy meal.
- **Feelings:** Ask children what color they would choose to draw when they feel: sad, happy, excited, or scared.

Cognitive



- **Math:** Count with rainbow colored beads. Slide each bead onto a pipe cleaner and create a colorful pattern. Count the total number of beads.
- **Art:** Have children make a rainbow with crayons, paint or playdough. Discuss rainbows they have seen outside.

Language & Literacy



- **Read the COWP book:** Discuss the colors of fruits and vegetables in the book.
- **Language with Music:** Sing the song *Old MacDonald went to the Farmer's Market* from your lesson curriculum.

Physical Activity



- **Play the Hula Hoop Four Square Bean Bag Game.** This is a game for 4 children. Place 4 hula hoops touching so they form a square. Put three bean bags inside each hoop. Children kneel in front of a hula hoop and place their hands inside. Children face the center and toss their bean bags into other hula hoops (if a child throws a bean bag outside the hula hoops, he must run and retrieve it). Turn on some music and let the fun begin. When the music stops, whoever has the fewest bean bags in their hoop wins.
- **Play “Can You Make a Rainbow” (song #3) on your COWP *Happy and Healthy* CD.** Instruct children to stretch their arms overhead to make a rainbow along with the song.

Today I Ate A Rainbow - Lesson Process

For additional activities, songs & information, visit cowpprogram.com



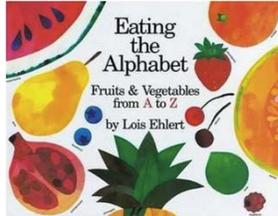
Materials and Ingredients:

- Book *Growing Colors* by Bruce McMillan or *Eating the Alphabet* by Lois Ehlert
- Plastic spoons, knives, and paper plates for serving
- Serving containers (paper boats)
- 1 Bag spinach or arugula
- 2 Red bell peppers
- 1 Yellow squash
- 1 Bag shredded carrots
- 1 container blueberries
- Low-fat Italian salad dressing (if desired)



Food Preparation:

- Everyone washes hands with soap and water.
- Have children help rinse all fruits and veggies.
- Prepare fruits/veggies in advance by cutting them into strips and placing into serving containers; this will make them easier for children to cut.
- Create a rainbow on the serving table by spreading the containers in an arch.



Introduction with Children:

- Introduce the Nutrition Question of the Day: *How can you eat a rainbow on your plate?*
- Read the nutrition book provided by COWP.
- Show and name the different colored foods in the *Rainbow Salad*. Ask children to name colors of other fruits and vegetables.



Lesson Process:

- After discussing the question of the day and reading the books, have children wash their hands.
- Give children plastic knives and paper plates for cutting.
- Allow children to serve themselves.
- Pass out serving containers with red pepper and yellow squash and have children cut them into small pieces.
- Have children serve themselves shredded carrots, spinach, and blueberries to make a rainbow.
- Help children sprinkle salad dressing on their salads.
- Sit together and enjoy tasting!



Family Letters:

- Send home the family letters to let parents know about the fun activity shared in class.