

# Eating the Rainbow

## WHAT'S THE Big Idea? Diversity

### Enduring Understandings

- We rely on each other and other living things to meet our needs.
- Food comes from nature: from plants and animals.
- Plant food comes in many colors and with many different benefits for our body.
- Eating a variety of colors of food leads to a healthier body.

### Objectives

- Children show interest and curiosity about tasting different foods.
- Children discover that the color of a food can indicate how it helps our body.
- Children experiment with tasting different fruits and vegetables.

### Directions

1. Read *Eating the Rainbow: Fruits & Vegetables From A to Z* by Lois Ehlert.
2. Discuss how important it is for our health to eat foods that are a variety of colors. Talk about how boring things might be if we only saw white and no colors. If we ate only white foods, it would probably get boring, and it would not be best for the health of our bodies. The more colors in the food that we eat, the better it is for our bodies. Ask your students if they would be interested in trying a taste of a fruit and vegetable “rainbow” and finding out how different colored produce can help us be healthy.
3. Gather a variety of multi-colored fruits and vegetables, either from a garden or from a grocery store or farmer’s market. Have children wash and cut the produce into bite-sized pieces.
4. Sort the fruit and vegetable pieces onto five plates by color: red, yellow/orange, green, blue/purple, and white/brown. Place a label next to each plate to indicate how fruits and vegetables of this color help our bodies (see box).
5. Invite the children to taste fruits and vegetables from each plate. As they taste a sample, have them indicate their preference with a smile or frown face. After the children have tasted and recorded a color group, give each child a bead of that color to add to a pipe cleaner or string.

WHO ARE WE?

SUMMER








### Materials

- ***Eating the Rainbow: Fruits & Vegetables from A to Z*** by Lois Ehlert
- variety of different colored fruits and vegetables
- child-sized vegetable cutting implements
- five plates
- a label for each color to indicate how this color fruit or vegetable helps our body (see box below)
- beads to represent the colors of the rainbow (one of each color per child)
- string or pipe cleaners on which to string the beads

Fruit & vegetable

## Colors for Your Health

**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



### Extensions

- After a harvest in the garden or by using store bought fruits and vegetables, work together to make one big rainbow to eat.
- Create a paper rainbow on a large sheet of white paper. Instead of coloring each arc of the rainbow, draw or paste pictures from seed catalogs of fruits and vegetables.
- Create a paper rainbow on a large sheet of white paper. Have students track the colors they eat in their snacks by adding that color to the rainbow using dot paints.
- Before cutting fruits and vegetables, arrange them in settings and have the children draw still life pictures.

When they have tasted every color, they will have a rainbow bracelet to remind them to “eat the rainbow.”

6. Process and reflect on the experience with the children by engaging in a conversation guided by the discussion questions. Whenever your students are eating, remind them to check out the colors in their lunch or on their plate. Do they have a rainbow to eat?

### Discussion Questions

- What is your favorite color? Can you name some fruits or vegetables that are that color?
- What is your favorite fruit or vegetable? What color is it?
- Can you think of a way to help others remember what each color does for our body? Can you think of a song? A rhyme?