



## EATING RAINBOW FOODS

### OBJECTIVES:

- Discuss the importance of eating rainbow foods
- Talk about each color of the rainbow with the foods and benefits that match that color
- Learn the importance of washing your produce

### LET'S GET STARTED! (10 MINUTES):

- Ask if anyone knows what “eating the rainbow” means
- Explain why it is important to try and “eat a rainbow”
- For each color, describe the benefits of eating foods individual color
- Talk about the importance of washing your fruits and vegetables

### STORY (15 MINUTES):

- Read the story about Boss and his friends discussing the importance of eating rainbow foods

### WRAPPING UP (5 MINUTES):

- Review some foods that are in each of the colors of the rainbow and benefits

## LET'S GET STARTED!

- Begin discussing today's topic by asking if anyone knows what “eating a rainbow” means. Also ask the students if they know all of the colors of the rainbow
- After explaining what “eating a rainbow” means, ask student if they know why it is healthy to “eat a rainbow”, or rainbow foods

## DIALOGUE BOX

- “Eating a rainbow” means that you try to eat fruits and vegetables of all different colors, or all of the colors of the rainbow, everyday!
- The colors of the rainbow include red, orange, yellow, green, blue, and purple. Even though the color white is not part of the rainbow, it is still considered to be a color when it comes to foods! Every color has its own unique benefits and offer different vitamins and minerals, which is why it is very healthy to eat rainbow foods!
- When you eat certain fruits and vegetables, you are getting the nutrients that come with that individual food, but when you eat rainbow foods of all colors, you get all the different vitamins and minerals, which helps your body and makes you extra healthy!
- After explaining the importance of eating rainbow foods, you will go through each color of the rainbow, including white, and discuss the various benefits of the foods that come in that color.
- Explanations and definitions will be provided in the dialogue boxes.
- **Red foods**, like strawberries, cherries, tomatoes, and beets, help lower cholesterol and your blood pressure.
  - Cholesterol - this is a type of fat that is found in everyone's blood; everybody needs some cholesterol to be healthy, but too much cholesterol can be bad for your body.
  - Blood Pressure - this is the pressure that the blood puts on your veins as your heart pushes it throughout your body; when your blood pressure is too high, then your heart has a harder time pushing the blood through your body, which is not healthy for your heart.
- Red foods help lower both of these things so that your body can be as healthy as possible!
- **Orange foods**, like oranges, sweet potatoes, carrots, tangerines, and apricots help you have healthier eyes and better vision, and they also help keep away certain diseases that may be harmful to your body.

- **Yellow fruits and vegetables**, like, bananas, yellow peppers, some pears, and mangos, can give you healthy and strong joints and bones.

- Joints – these are places in the body where two bones meet, like at the knee or elbow, that allow your body to straighten and bend.

- **Green foods**, such as spinach, kale, kiwis, green apples, honey dew, asparagus, cucumbers, green grapes, and broccoli, reduce the risk of certain cancers, improve your digestion, help with vision, and build strong teeth.

- **Purple and blue foods**, like blueberries, eggplant, blackberries, and grapes, have something called antioxidants in them that cannot be found as much in other fruits and vegetables.

- Antioxidants – these protect the cells in the body from damage and help keep your heart healthy.

- **White foods**, like mushrooms, cauliflower, onions, garlic, potatoes, and parsnips, help build a strong immune system that can help fight off certain illnesses and prevent you from getting sick.

- Immune system – this is made up of various cells, organs, and tissues, among other things, and protects your body from germs and other invaders that cause illnesses.
- Parsnip – this is a root vegetable, meaning it grows under the ground, and looks very similar to a carrot, except it is white instead of orange

- Begin discussing the importance of washing your rainbow foods before you eat them.

- Most of the time, rainbow foods are either fruits or vegetables.
- Many fruits and vegetables that you buy from the store come with a lot of pesticides on them that are not very good for humans to consume.
- Pesticides – these are substances, or chemicals, that are sprayed on plants to kill any insects that might be eating the plants
- Washing your fruits and vegetables with soap and water before you eat them is a great way to get rid of as many pesticides as you can so that your body does not have to consume them!

- Students will fill out the worksheet on subtraction for how many fruits or vegetables are left over after subtracting them from each other

## WRAPPING UP

- Ask students if they have any questions about the lesson
- Ask if any of the students can name a fruit or vegetable that would fit in one of the colors of the rainbow
- You can even draw an empty rainbow on the board and draw pictures of the fruits and vegetables they call out in the empty strips of the rainbow for a more interactive and visually interesting activity

## STORY

- Read the story about Boss and his friends discussing the importance of eating rainbow foods

# EATING RAINBOW FRUITS AND VEGETABLES

One afternoon when school got out, Boss asked his friend Sally if she would like to walk home with him! Sally and Boss walked home together all of the time, so she of course said she would love to join him! On their walks home, they talked about so many different things; they talked about classes, homework, what they did on the playground, and even what they were planning on doing for the weekend! While walking on the sidewalk, Sally noticed something, a huge rainbow in the sky right in front of them! She said, "Boss look at that beautiful rainbow!" Boss replied, "wow I haven't seen a rainbow like that in a long time!" Sally looked at the rainbow and then looked back at Boss and said, "you know, the colors of the rainbow are very similar to some fruit and vegetable colors" and Boss asked, "what do you mean?" Sally replied saying, "well fruits and vegetables come in many different bright and vibrant colors just like the colors of a rainbow! For example, blueberries are blue and bananas are yellow! If you think of a rainbow everyday, it will help you keep track of all the different fruits and vegetables you eat during the day!" After listening to what Sally said about the rainbow he asked, "are there any benefits of eating different color fruits and vegetables?" Sally replied, "Yes! The different color fruits and vegetables offer different benefits for your body. Like orange foods, such as oranges, apricots, carrots, and sweet potatoes, help with your eyes and vision while blue and purple foods, like blueberries, blackberries, plums, and eggplant, have things called antioxidants in them which help your body stay healthy!" Boss asked, "so the different color foods all have different benefits for your body? It is kind of like they all have different jobs in keeping your body healthy? Right?" and Sally responded, "yes! That is right! That is why it is so important to eat the colors of the rainbow!" When they got close to their houses, Boss told Sally, "I think the rainbow has disappeared, but I am very glad you taught me so much about eating rainbow foods! Now every time I see a rainbow, it will help remind me of all the different colored fruits and vegetables I should be eating during the day!"

