

## Lesson Plan 1 – You Can Eat Rainbow Colors!

Objectives: Preschool/Early Elementary students will become aware of the importance of eating nutritious, colorful foods from the main food groups and be introduced to a large variety of fruits and vegetables they may not have eaten before.

Materials: charts/pictures of the traditional food pyramid MyPyramid, and new MyPlate, oaktag, construction paper, scissors, crayons, markers, glue sticks, masking tape, paper plates, pictures and real samples of colorful foods from each food group, food trays

Procedure: (choose from activities listed below)

Explain the MyPyramid/MyPlate posters, stressing the importance of eating a variety of nutritious, colorful foods from each food group.

*Pyramid People* - Students cut out circles and decorate them as their own heads. Attach triangle bodies for the food pyramid. Attach arms, legs, feet if desired. Have a sample poster of the food pyramid on display with foods grouped by color (brown-grains, green-veggies, red-fruits, blue/white-dairy, purple-meat/beans, yellow-salt/fat. Glue or draw pictures of food in correct sections of food pyramid.

*Masking Tape Pyramid* - Use masking tape to outline a large triangle on the floor with sections for food groups. Students choose pictures of food or use play food, and stand in the correct sections.

*MyPlate* - Using the new MyPlate poster as a guide, students divide paper plates into sections and glue or draw food pictures from food groups to make balanced meals.

Additional Activities:

Student groups can assemble real food trays with real food in a balanced meal. Students can string foods making color patterns from cereal or macaroni. Students can make prints with foods like potatoes, apples, carrots, peppers, celery, cabbage.

*Field trips* suggestions: grocery store, farm, growing fields, farmers' market, meat market, bakery, restaurant, ice cream store, food processing plants, mushroom house, hatchery, school kitchen

Assessment: Teacher observation of student participation in activities and class discussions, journals. Students will be able to place colored food items in correct categories and briefly explain why they should eat a variety of nutritious foods.

## Lesson Plan 2 – A Rainbow in Your Refrigerator

Objectives: Preschool/Early Elementary students will gain a better understanding of food nutrition by learning about varieties of foods, sampling new foods, and using their senses to explore and compare. They will learn how foods can be arranged to form a rainbow of colors.

Materials: Fruits and vegetables of all the colors of the rainbow, paper plates, toothpicks, knife for adult to use, plastic silverware, sliced bread, peanut butter, applesauce, raisins, olives, cheese cubes, cheerios, broth for soup, cups, cooking pot, ladle, hot plate or stove, chart paper, journals, pencils, crayons, markers, Stone Soup, *Eat A Rainbow Coloring Book*

Procedure: (choose from activities listed below)

*Fruit Kabobs* - Have chunks of fruit in different colors such as apples, pears, oranges, peaches, melons, bananas, papaya, kiwi, grapes, pineapple. Students make mini kabobs with toothpicks, arranging them by colors of the rainbow. They can use math skills to count, classify, sort, compare likenesses and differences. Discuss the importance of eating a variety of nutritious, colorful foods.

*Smiling Sandwiches* - Spread a slice of bread with peanut butter or applesauce. Use a variety of food items to make a smiling face such as: orange slices, pineapple rings, raisins, olives, cheese cubes, cherries, grapes, cheerios. Discuss food characteristics such as color, size, shape, texture, taste, aroma. Eat them! Journals can be made.

*Vegetable Soup* - Read the book Stone Soup. Discuss and chart steps for making soup. Have students make their own soup recipe. Compare vegetables. Count them. See how the temperature changes. Discuss how foods change after cooking. Taste foods before and after cooking. Students make journals with sequenced steps.

*Eat A Rainbow Coloring Book* (S. Berger and B. Mahon)

[www.celebratehealthyeating.org](http://www.celebratehealthyeating.org) – Students color and assemble coloring book where each page highlights foods of the same color. Read the book several times together. Name various foods and have students find the correct pages. Count how many foods on each page that they have eaten.

Additional Activities: role playing in a shopping/ kitchen center, food mobiles, collages of foods arranged by colors to form a rainbow, sentence strips, food puppets, food dominoes, sorting and classifying pictures of food cut from magazines, catalogs, newspapers.

Assessment: Teacher observation of student participation in activities and class discussions, journals. Students will be able to name at least one food for each color of the rainbow.

### Lesson Plan 3 – You Can Grow a Rainbow Above Ground and Below Ground

Objectives: Preschool/Early Elementary Students will become more aware of how their food is grown above and below ground, the differences in plants, that plants need sun, air, food(soil) and water, and how important it is to eat healthy, nutritious food from food groups.

Materials: Read aloud books Growing Colors and Tops and Bottoms, chart paper, markers, journals, pencils, paper plates, hand lenses, fruits and vegetables of rainbow colors which grow on top of the ground, by vines, under the ground, cards with food pictures, sorting bags, plants, soil, spades

Procedure: Determine students' prior knowledge by listing all fruits/vegetables they can think of. Copy them on a chart and sort by color. Students choose one and draw how they think individual plants look when growing in the ground.

Read Growing Colors, Tops and Bottoms and record where each food item grows: in ground (bottoms), on ground, above ground (tops). Show real foods from the stories (with roots and leaves attached, if possible) and let students examine them using their senses, make comparisons, sort and classify, chart results. Have hand lenses available.

Students role play and act out Tops and Bottoms.

Distribute cards made of various food items from the story as well as others. Students sort them by color, shape, how they grow (tops, bottoms, vines)

Provide containers to sort foods. *Color Sorting Cloth Bags* by Kaplan Early Learning Company can be purchased for \$49 and includes 7 colors and 28 food items. Or decorate paper/plastic bags.

Grow pineapple or carrot tops. Plant root plants like onions or potatoes. Plant vining plants like sweet potatoes or pole beans. If garden space is not available use containers. Compare plants during various growth stages. Lessons can be expanded into math and science lessons.

Assessment: Teacher observation of student participation in activities and class discussions, journals. Students will be able to name one plant that grows above ground (tops) and one that grows below ground (bottoms). They will be able to tell things that plants need: sun, air, water and food (soil).

## REFERENCES

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- <http://www.ag.ndsu.edu/pubs/yf/foods/fn595.pdf>
- <http://www.bmcc.edu/Headstart/NECurriculum/unit-4.htm>
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- <http://www.atozkidsstuff.com/foodgroups.html>
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- <http://www.dshs.state.tx.us/kids/lessonplans/chap111.shtm>

## READ ALOUD BOOKS

- Are You Eating Something Red?* Ryan Sias, Blue Apple Books, 2010
- Eating the Rainbow*, Rena D. Grossman, Star Bright Books, 2009
- Go Greenie! Are You Eating Something Green?* Ryan Sias, Blue Apple Books, 2010
- Growing Colors*, Bruce McMillan, Harper Trophy, 1994
- Orange Food Fun (Eat Your Colors)*, Lisa Bullard, Capstone Press, 2006
- Planting a Rainbow*, Lois Ehlert, Voyager Books, 1988
- Stone Soup*, A. McGovern, Scholastic, 1968
- Tops and Bottoms*, Janet Stevens, Harcourt, Brace and Company, 1996.

