

Little Green Thumbs Rainbow Salad-bration

TEACHER'S GUIDE



We've created this short guide to help you continue the learning after reading Little Green Thumbs Rainbow Salad-bration. The following activities make learning about fresh fruits and vegetables fun! These activities are meant to help students realize that 'Eating a Rainbow' of fresh fruits and vegetables helps their body get a wide range of nutrients.

TEACHER BACKGROUND

There's one thing we know: you can't push vegetables on kids. You have to make food appealing and make it visually interesting so that kids feel safe and connected to the food, before they will consider eating it. The second thing we know is that force-feeding kids a diet of facts and figures about the nutrients in fruits and vegetables and why they're good for us is no way to create a generation of healthy eaters. The simple concept of "Eating a Rainbow" makes a proven nutrition strategy fun for kids!

Many fruits and vegetables get their color from naturally occurring micronutrients—such as vitamins and phytonutrients—which are essential for good health. The concept of "Eating a Rainbow" is a simple way to put theory into practice. We want kids to understand that if they are eating a vibrant mix of colours, they'll be nutritionally covered. Not all vitamins impart color but eating a variety of colourful vegetables and fruit the simplest way to fuel your body well and make any plate of food more appealing.

The colours often used to represent the rainbow for 'Eat the Rainbow' are Yellow, Orange, Red, Green, and Blue/purple. There are very few blue foods, and indigo and violet are scarce, so the end of the spectrum is joined as blue/purple.

OBJECTIVES

To encourage students to eat a variety of fruit and vegetables every day.

Introduce students to the concept of grouping fruit and vegetables by color.

To encourage students to eat a variety of colours of fruit and vegetables because different colours of fruit and vegetables contain different nutrients and phytochemicals.



SUPPLIES

5 sheets each of different coloured construction paper (red, purple or blue, yellow, orange, green) for Activity #3

Printed copies of the Little Green Thumbs Eat a Rainbow handout (included) for each student, for Activity #3 and #5.
Students will use the same sheet for both activities.

Crayons or markers for Activity #5

ACTIVITY

1

LITTLE GREEN THUMBS RAINBOW SALAD-BRATION DISCUSSION QUESTIONS

Following the Little Green Thumbs Rainbow Salad-bration story, you will find some discussion questions on the very next slide.

The discussion questions are:

- What does Thumb grow that we also grew in our garden?
- Is there anything we didn't grow?
- Is there anything we didn't grow that you would have liked to grow?
- Why were the carrots hidden? Do you know what other vegetables grow underground?
- Which vegetables in Thumbs garden, and our garden, grow on vines? How else do plants grow?
- What are the steps for growing a garden that Thumb does?
- Are there other steps that weren't shown in the story that we did in our garden?
- Which is your favorite vegetable that Thumb harvested? Why?
- What was purple in the story? Red? Yellow or Orange? Purple? Green?
- What other vegetables or fruits can you think of that are each colour?
- What colours of fruits or vegetables have you eaten today?
- How many colours have you eaten today?
- What are some reasons we should eat vegetables and fruits of all different colours?
- What do the colours of different fruits and vegetables tell us?

End the discussion with the leading questions regarding the colours of different fruits and vegetables. Let students know we will come back to the idea of eating a rainbow of fruits and vegetables after a vegetable guessing game!

ACTIVITY

2

WHO AM I? VEGETABLE GUESSING GAME

Following the discussion questions, there is a short guessing game for vegetables at the end of the story book. This is a fun game to test your student's vegetable knowledge!

Students will be presented with clues about a particular vegetable, and students will need to guess what vegetable the clues point to.

Move the slide forward once for the clues, and again once for the answer. Moving forward again will bring you to the next clues for a new vegetable.

The different vegetables to guess are:

- | | |
|------------|-----------|
| • Cucumber | • Tomato |
| • Carrot | • Lettuce |
| • Pepper | • Beans |
| • Potato | • Peas |



ACTIVITY

3

EAT THE RAINBOW WHAT COLOUR MEANS ON YOUR PLATE

Ask students a few questions to get started:

Why is it important to eat different foods every day?

Why do you think it is important to eat fruits and vegetables that are different colours?

Why are fruits and vegetables different colours?



RULE OF THUMB

A rainbow on your plate signals a nutritious meal!

Explain that the colours of vegetables give us a clue about how different fruits and vegetables affect our body. Fruits and vegetables can get their color from naturally occurring micronutrients—such as vitamins and phytonutrients—which are essential for good health. Some of these vitamins are beta-carotene, lutein, lycopene, and vitamins A, C and E. Eating a colorful range of foods helps us get all of our vitamins and nutrients!

You can use the next slide after 'Who Am I? Vegetable Guessing Game', which shows a chart of the different nutrients in different coloured foods. *Move the next slide after this for even more detail.* You can use this slide as a visual to explore how the different rainbow colours affect our body's health. Go through each colour and talk about how this colour of vegetable and fruit helps our body (ie. red is good for our heart or blue is good for our memory).



Slide/Page 54

Eat The Rainbow

What is all of the different coloured vegetables that you eat? Write or draw the different vegetables under their colour headings.

| | |
|--------|--------|
| RED | ORANGE |
| YELLOW | GREEN |
| | |

DO YOU KNOW?
Eating a variety of different coloured fruits and vegetables gives your body what it needs to stay healthy and strong!

HOW MANY COLOURS HAVE YOU EATEN THIS WEEK?
Write all of the colours you ate in the last week. Write the number of colours you ate in the space provided. (You can write all of the colours or the number!)

PART 1: Hand out one Eat a Rainbow activity sheet to each student. Have students work in pairs or small groups (3-4). Use the front of the Eat a Rainbow hand-out to write down all the vegetables each group can think of that are yellow, orange, red, green or purple/blue. Students may choose to draw the fruits and vegetables if preferred. Explain that some vegetables and fruits can be different colours, so write them under each colour!

Once students have finished making their lists, make a class chart with all of the vegetables under every colour. **You might also turn this activity into a competition between groups.** Start with the first team and have them call out all of their RED fruits and vegetables. Write them on the collective class list. Tell other teams to cross off the RED vegetables on their lists as they are said by the first team. If no other team has one of the vegetables that was said by the first team, they get a point. Once the first team is finished, ask the second team if they have any red vegetables left to add to the class list. They will call out their remaining vegetables, and other teams will cross off those vegetables if they have them on their list. If no other teams have the vegetable that the second team said, they get a point. Continue through each group. If a team is the only one to write down a particular fruit or vegetable, they get a point. **After reviewing all of the colours, the team with the most points win!**

PART 2: How many colours have you eaten? To finish up, ask students to think about what colours they have eaten over the last day or week. Ask them to remember what they ate for dinner yesterday and circle the foods on their activity sheet. They might think of new foods and can write those down under the colour headings. You could ask the students to shout out the different foods and colours (Orange carrots! Red tomatoes!). Have them think about breakfast and then lunch, circling the foods they've eaten. Has anyone eaten all of the colours of the rainbow in the last week? In the last day? *Remind them that artificially coloured foods and candy do not contain the same nutrients as fresh fruits and vegetables, and do not count in the Eat the Rainbow activity.*

ACTIVITY

4

GET MOVING! NAME THAT COLOUR

This short activity will get students out of their seats and test their vegetable knowledge!



1. Take a moment to spread your different coloured construction paper (enough for 1 per student) out onto the floor around the room. Have the class form a big circle
2. Tell the students that we are going to play “Eat the Rainbow” to build and test their vegetable and fruit knowledge.
3. Let students know that colored paper represents all foods of that colour.
4. On your signal, students should move around the room using the movement you name (**walk, hop, skip, etc**). When you say “RAINBOW,” the students should find the nearest open sheet of paper and stand next to it.
5. Ask all students near a red sheet to name a food of that colour. *If students name an artificially coloured food or candy, guide them towards a healthier choice.*
6. Have the students move again and this time when you say “RAINBOW”, ask the students who are standing near an purple sheet to name purple foods.
7. Continue until you have gone through all the colors!

5

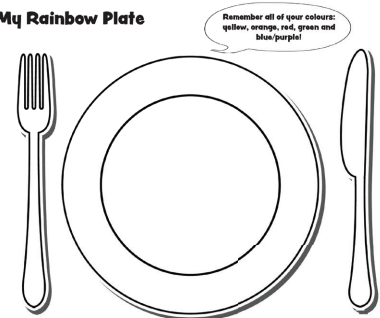
MY RAINBOW PLATE DRAW YOUR DINNER

Students will use the back of their hand-out activity sheet, as well as crayons or markers for this exercise.

Ask students to flip over their hand-out paper to the Rainbow Plate. Ask students to draw a meal they would like to eat on their plate, using as many rainbow colours as they can. *Again, remind them that artificially colourful foods, like jello or candy, are not the same as naturally colourful vegetables and fruits, and do not have the same nutrition.*

Ask if anyone wants to share the meal that they drew with the class and point out all the different colours.

My Rainbow Plate



Follow-up questions and Reflection

- What did we learn today?
- Why are fruits and vegetables important to eat?
- Why are different colours of fruits and vegetables important to eat?
- What are some red foods? Orange? Purple?
- What do red foods do for our body? Purple foods? Orange?



Fruits and Vegetables Cheat Sheet

Purple

- ◁ Blackberries
- ◁ Elderberries
- ◁ Plums
- ◁ Purple cabbage
- ◁ Purple Belgian endive
- ◁ Dried plums
- ◁ Purple grapes
- ◁ Purple asparagus
- ◁ Eggplant
- ◁ Potatoes (purple fleshed)
- ◁ Purple figs
- ◁ Raisins
- ◁ Purple carrots

Red

- ◁ Red apples
- ◁ Red grapes
- ◁ Pomegranates
- ◁ Watermelon
- ◁ Radishes
- ◁ Red potatoes
- ◁ Cherries
- ◁ Red grapefruit
- ◁ Raspberries
- ◁ Beets
- ◁ Radicchio
- ◁ Rhubarb
- ◁ Blood oranges
- ◁ Cranberries
- ◁ Red pears
- ◁ Strawberries
- ◁ Red peppers
- ◁ Red onions
- ◁ Tomatoes

Yellow

- ◁ Yellow apples
- ◁ Grapefruit
- ◁ Pineapples
- ◁ Yellow peppers
- ◁ Yellow winter squash
- ◁ Cape gooseberries
- ◁ Lemon
- ◁ Yellow watermelon
- ◁ Yellow potatoes
- ◁ Sweet corn
- ◁ Yellow figs
- ◁ Yellow pears
- ◁ Yellow beets
- ◁ Yellow tomatoes
- ◁ Yellow summer squash

Orange

- ◁ Apricots
- ◁ Nectarines
- ◁ Peaches
- ◁ Butternut squash
- ◁ Rutabagas
- ◁ Cantaloupe
- ◁ Oranges
- ◁ Persimmons
- ◁ Carrots
- ◁ Sweet potatoes
- ◁ Mangoes
- ◁ Papayas
- ◁ Tangerines
- ◁ Pumpkin

Green

- ◁ Avocados
- ◁ Honeydew
- ◁ Green pears
- ◁ Asparagus
- ◁ Broccoli rabe
- ◁ Green beans
- ◁ Chayote squash
- ◁ Leafy greens
- ◁ Green onions
- ◁ Green peppers
- ◁ Spinach
- ◁ Green apples
- ◁ Kiwifruit
- ◁ Artichokes
- ◁ Broccoli flower
- ◁ Brussels sprouts
- ◁ Green cabbage
- ◁ Cucumbers
- ◁ Leeks
- ◁ Okra
- ◁ Snow peas
- ◁ Watercress
- ◁ Green grapes
- ◁ Limes
- ◁ Arugula
- ◁ Broccoli
- ◁ Chinese cabbage
- ◁ Celery
- ◁ Endive
- ◁ Lettuce
- ◁ Peas
- ◁ Sugar snap peas
- ◁ Zucchini

White

- White nectarines
- Garlic
- Jicama
- Mushrooms
- Bananas
- White peaches
- Parsnips
- Potatoes (white fleshed)
- Shallots
- Turnips
- Brown pears
- Cauliflower
- Onion