



Lesson 4: Red and Yellow/Orange

Nutrition Objectives:

1. Students will be able to name a red, yellow and orange fruit or vegetable.
2. Students will learn why eating red and yellow or orange fruits and vegetables is important.

Supplies/Materials:

- Apple and carrots picture cards
- Catch a Rainbow Every Day! (reference sheet for teacher)
- The Color Charts and sheets (reference sheets for teacher in beginning of binder)
- A Variety of Fruits and Veggies Each Day (Girl Jumping; reference sheet for teacher)
- Eat Colors, Be Healthy poster (large or mini – refer to direction sheet)
- Fruit Riddles worksheet (one for each student)
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list**)

Lesson:

Ask→ Can anyone name one of the food groups that we learned about last time? (Show the MyPlate poster and have the children name all 5 food groups.)

Say→ Remember that it is important to eat foods from all five food groups every day, especially fruits and vegetables.

Ask→ Has anyone tried a new fruit or vegetable this week?

Ask→ What fruit or vegetable did you try?

Ask→ Did you like it?

Say→ During the next few lessons you are going to be learning more about different color fruits and vegetables. Fruits and vegetables are many different colors and we'll talk about how the different colors help your body.

- Show the students the Catch a Rainbow Every Day! poster

Say→ Let's look at the rainbow.

Ask→ What fruits and veggies do you see and what colors are they?

Say→ Fruits and vegetables can be red, orange, yellow, green, blue, purple, white, tan or brown. Today we are learning about fruits and vegetables that are **red**.

Say→ A cherry is **red** and it is a **fruit**. A pepper is a **vegetable** that can be **red**.

Ask→ Can anyone name another red fruit or vegetable? If you're having trouble thinking of one, look at the red color on the rainbow. (*apple, beet, red onion, strawberry, watermelon, pepper, tomato, radishes*)

Say→ Now that we know some red fruits and vegetables, it is time to learn **why** they are good to eat.

(continued)

Ask→ Can you feel your heart beating in your chest? (Have students put their hand over their hearts.) Red fruits and vegetables help keep your heart strong.

Say→ Red is the color of your heart, so it is easy to know that red fruits and vegetables help your heart.

Ask→ Red fruits and vegetables are good for your _____?

Say→ Today we are also learning about fruit and vegetables that are **yellow and orange**.

Ask→ A pineapple is **yellow** and it is a **fruit**.

Ask→ Can anyone name another yellow fruit or vegetable? If you're having trouble thinking of one, remember to look at the yellow color on the rainbow. (*corn, lemon, summer squash, peppers*)

- [NOTE: Even though a banana has a yellow peel, it is **not** considered a yellow fruit. It is a white fruit, because we only eat the white inside part.]

Say→ A sweet potato is **orange** and it is a **vegetable**.

Ask→ What are some other orange vegetables or fruits? (*peach, mango, carrot, orange, pepper*)

Say→ Now that we know some yellow and orange fruit and vegetables, it is time to learn **why** they are good to eat.

Say→ Yellow and orange fruit and vegetables keep your eyes healthy and your skin glowing.

Ask→ Yellow and orange is good for your _____? (point to eyes)

Ask→ Yellow and orange is also good for your _____? (rub your skin)

Activity#1: Eat Colors Be Healthy poster Explain that you'll be using this poster during the next several lessons to show how different color fruits and vegetables help your body. Tell the students that the girl in the poster will have five fruits or vegetables attached to her body that are all different colors. Have one student attach the red apple card over the girl's heart on the Eat Colors, Be Healthy poster while the class says, "Red fruits and vegetables keep your heart strong." Have another student attach the carrots card over the girl's eye while the class says, "Yellow and orange fruits and vegetables keep your eyes healthy."

Activity #2: Fruit Riddles worksheet (Curriculum Connection/Language Arts)