



Lesson 6: Green and Purple/Blue

Nutrition Objectives:

1. Students will be able to name a green and purple or blue fruit or vegetable.
2. Students will learn why eating green and purple or blue fruits and vegetables is important.

Supplies/Materials:

- Broccoli and blueberries picture cards
- Catch a Rainbow Every Day! (reference sheet for teacher)
- The Color Chart 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)
- Veggie Math worksheet (one for each student)
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list.**)

Lesson:

Ask→ Has anyone eaten a red, yellow or orange fruit or vegetable this week?

Ask→ What did you eat?

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

Ask→ What did you try?

Ask→ What words can you use to describe the fruit or veggie you tried?

Say→ Today we are learning about fruits and vegetables that are green and blue or purple.

Say→ Spinach is **green** and it is a **vegetable**. Kiwi is **green** and it is a **fruit**.

- *[NOTE: Even though the fuzzy outside of a kiwi is brown, the inside part we eat is green, so it is considered to be a green fruit.]*

Ask→ Can anyone name another fruit or vegetable that is green? (*peas, grapes, green beans, broccoli*)

Say→ Now that we have named some green fruits and vegetables, it is time to learn **why** they are good for us.

Say→ Green fruits and vegetables make your tummy feel better. They move the food you eat through your body so they help you go to the bathroom which is important to be healthy. (Rub your stomach.)

Say→ Green fruits and veggies help your _____ feel better. (Have the children rub their stomachs.)

Say→ Now let's talk about fruits and vegetables that are purple and blue.

Say→ Blueberries are **blue** and they are a **fruit**. Eggplant is a **vegetable** that is **purple**.

(continued)

Ask→ Can anyone name another purple or blue fruit or vegetable? (*grapes, plum, raisins, cabbage, purple carrot*)

Say→ Now that we have named some purple and blue fruits and vegetables, it is time to learn **why** they are good for us.

Ask→ Where is your brain? (Have students touch their heads.) Purple and blue fruits and vegetables help your brain. This means they can help you learn and do well in school!

Say→ Purple and blue fruits and vegetables help your brain learn and remember. (Point to your head.)

Ask→ Purple and blue fruits and veggies are good for your _____?

Activity#1: Eat Colors, Be Healthy poster

Say→ Let's review what we've learned about how red, orange and yellow fruits and veggies help our bodies.

Say→ Red fruits and vegetables keep your _____ strong. (Point to heart.)

Say→ Yellow and orange fruits and vegetables keep your _____ healthy. (Point to eyes.)

- Have one student attach the blueberries card over the girl's brain while the class says, "Purple and blue fruits and vegetables help your brain learn and remember."
- Ask another student to attach the broccoli picture card over the girl's stomach while the class says, "Green fruits and vegetables help move food through your body for a healthy stomach."

Activity #2: Veggie Math worksheet (Curriculum Connection/Math)