



Lesson 7: Brown, Tan and White

Nutrition Objectives

1. Students will be able to name a brown, tan or white fruit or vegetable.
2. Students will learn why eating brown, tan or white fruits and vegetables is important.

Supplies/Materials:

- potato picture card
- Catch A Rainbow Every Day! (reference sheets 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 – see direction sheet)
- A Plateful of Color worksheet (one for each student)
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list.**)

Lesson:

Ask→ Have you tried a green, purple or blue fruit or vegetable this week?

Ask→ What did you try?

Ask→ Do you plan to eat it again?

Ask→ Have you asked the person who cooks or does the grocery shopping in your house to buy or cook more fruits and vegetables? If you haven't, give it a try!

Say→ Today we are learning about fruits and vegetables that are brown, tan and white.

Say→ When we name white fruits and vegetables, we mean that they are white on the *inside*, like a banana.

Ask→ What color is a banana on the outside? (*yellow*)

Say→ Even though a banana is yellow on the outside, we call it a **white fruit** because the inside is white.

Ask→ Can you think of any other brown, tan or white fruits? (*coconut, pears*)

Say→ A **vegetable** that is **brown, tan or white** is a potato. (Hold up potato picture card),

Ask→ Can you name some other vegetables that are brown, tan or white? (*mushrooms, onions, and cauliflower. Cauliflower looks like broccoli but it is white.*)

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

Ask→ What part of our body do we think of when we say the word "strong"? *muscles* (Have students show their biceps.)

Say→ Brown, tan and white fruits and vegetables keep your muscles strong.

Ask→ Brown, tan and white fruits and veggies are good for your _____?

(continued)

Activity #1: Eat Colors Be Healthy poster

Say→ Let's look at the poster and review what we've learned about how different color fruits and veggies help our bodies.

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

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

Ask→ Green fruits and veggies are good for your _____? (Point to stomach.)

Ask→ Purple and blue fruits and veggies help your _____? (Point to brain.)

- Have one student attach the potato picture to the girl's thigh and have the class say, "Brown, tan and white fruits and veggies keep your muscles strong."

Say→ Remember, you need all of these different color fruits and vegetables to help you grow and to keep your body healthy and strong. Try to eat as many colors as you can every day!

Activity #2: A Plateful of Color worksheet