



Lesson 4: Yellow and Orange

Nutrition Objectives:

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

Supplies/Materials:

- My Favorite Salad worksheet (one for each student)
- 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)
- Fruit and Veggie Taster's Club poster or 8½" x 11" sheet (see Lesson 2; Activity 2)
- Catch a Rainbow Every Day! (poster or reference sheet for teacher)
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list.**)

Lesson:

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

Ask→ What fruit or vegetable did you eat?

Say→ Today we are 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 fruits 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)

Say→ Let's recite the Fruit and Vegetable poem from the beginning:

Red fruits and vegetables are good to eat,

They help you grow and help your heart beat! (Put your hand over your heart.)

Fruits and vegetables orange and yellow,

Keep your eyes healthy and your skin all a-glow (Point to your eyes and touch your skin.)

Ask→ Fruits and vegetables orange and _____? Keeps your eyes healthy and your skin all a-_____?

Activity: My Favorite Salad worksheet

Instruct the children to use realistic colors and shapes as they draw their favorite fruits and vegetables in the salad bowl on the worksheet.