



Lesson 7: Eat Colors, Be Healthy

Nutrition Objectives:

1. Students will state how different color fruits and vegetables help their bodies.

Supplies/Materials:

- “Vegetables” word puzzle worksheet (one for each student)
- Mystery Picture worksheet (one for each student)
- A Variety of Fruits and Veggies Each Day handout (girl jumping; one for each student)
- The Color Chart and sheets (reference sheets for teacher; located in front of binder)
- Fruit and Vegetable lists (**Add this week’s fruits and vegetables to the list.**)
- Tasting Passport (one for each student; saved from Lesson 2; remind students about it)

Lesson:

Say→ We’ve already learned about all the different colors fruit and vegetables can be, so today we’ll be learning **how** each color fruit and vegetable helps your body stay healthy and strong.

Activity #1: A Variety of Fruits and Veggies Each Day handout (girl jumping)

- Distribute the handout.
- Refer to the Color Sheets for more examples of fruits and vegetables in each color group.
- Refer to the handout and read aloud ways that each different color helps the body function.

Brown, Tan and White: Keeps your muscles strong.

Red: Keeps your heart strong.

Green: Helps move food through your body for a healthy stomach.

Purple/Blue: Helps your brain learn and remember.

Yellow/Orange: Keeps your eyes healthy and skin glowing.

Ask→ What color fruits and vegetables help you heart? (*red*)

Ask→ What are some examples of red fruits and veggies? (*tomatoes, radishes, apples, strawberries*)

Ask→ What color fruits and vegetables helps your brain learn and remember? (*purple and blue*)

Ask→ What are some examples of purple and blue fruits and vegetables? (*blueberries, grapes, raisins*)

Ask→ What color fruits and vegetables helps your stomach? (*green*)

Ask→ What are some examples of green fruits and vegetables? (*lettuce, broccoli, pears, grapes, kiwi*)

Ask→ What color fruits and vegetables are good for your eyes and skin? (*yellow and orange*)

Ask→ What are some examples of yellow and orange fruits and veggies? (*corn, oranges, peppers*)

Ask→ What color fruits and vegetables help to keep your muscles strong? (*white*)

Ask→ What are some examples of white fruits and veggies? (*potatoes, bananas, pears, mushrooms*)

(continued)



Say→ Remember that examples of white fruits and vegetables are those that are white on the inside like a banana, pear, or potato, or those that are white inside and out like mushrooms.

Say→ To help us remember how the different color fruits and vegetables help our bodies we're going to learn a poem:

Eating My Colors

*Fruits and veggies put a smile on my face, (Put your fingers next to your smile.)
So try some with me, how about a taste?*

*Red fruits and vegetables are good to eat,
They help me grow and help my heart beat! (Put your hand over your heart.)*

*Fruits and vegetables, orange and yellow,
Keep my eyes healthy and my skin all a-glow! (Point to your eyes and rub your skin.)*

*Tasty fruits and vegetables, green and yummy,
They're delicious to eat and good for my tummy. (Rub your stomach.)*

*Purple and blue foods are super cool,
They help me learn and do well in school! (Touch your head.)*

*Brown, tan and white fruits and veggies- you can't go wrong,
They help keep my muscles strong! (Show your muscles.)*

*Two plus two makes four each day,
To give me energy, so I can run and play! (Run in place.)*

- Repeat the poem having the children add each movement.

Say→ You need all of these different colored 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 #1: "Vegetables" Word Puzzle (Curriculum Connection/Language Arts)

Activity #2: Mystery Picture: Instruct the students to color the vegetable words only (using realistic colors) to reveal the mystery picture.

Don't forget! Remind students to draw any new fruits and veggies they've tried in their Tasting passports.