



## Lesson 4: Variety

### Nutrition Objectives:

1. Students will learn how to choose a variety of fruit and vegetables.

### Supplies/Materials:

- Catch a Rainbow Every Day! (one for teacher )
- The Color Chart and Sheets (in front of binder; reference sheets for teacher)
- Fruit and Veggie Variety worksheet (one for each student)
- A Variety of Fruits and Veggies Each Day/Girl Jumping handout (one for each student)
- Fruit and Veggie Color Tracker (one for each student)
- Get Mixed Up and Moving worksheet (one for each student)

### Lesson:

**Say**→We have been talking about the amount of fruits and veggies you should eat every day.

**Ask**→How many cups of fruits and vegetables should you eat every day? (*at least 2 cups of each*)

**Ask**→How many of you kept track of the fruits and veggies you ate in your food diary?

**Ask**→Did anyone eat at least 2 cups of fruit and 2 cups of vegetables per day?

**Ask**→Was anyone's dinner plate half full of fruits and vegetables last night?

**Say**→Today we are learning how to choose a *variety* of fruit and vegetables.

**Ask**→Does anyone know what *variety* means? (*Variety means different colors, shapes, and sizes. Usually when you vary the color, you get different shapes and sizes, too.*)

**Ask**→Why is it important to eat a variety of fruits and vegetables every day?

(*You need to eat a variety of colorful fruits and vegetables every day to get all the vitamins and minerals your body needs to grow and to stay strong and healthy. Different color fruits and vegetables are important for healthy skin and eyes, a strong heart, strong muscles, a healthy stomach and to help your brain.*)

**Ask**→Now that you know variety is different shapes, colors, and sizes, can you name three fruits and vegetables you think show a good variety? (*sample answer: apple, green beans and corn*)

### Activity #1: Fruit and Veggie Variety worksheet and A Variety of Fruits and Veggies Each Day/Girl Jumping handout

- Distribute the two handouts.
- Refer to the Catch a Rainbow Every Day! sheet and The Color Chart and 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 as students record their answers on the Fruit and Veggie Variety worksheet.

**Brown, Tan and White:** Keeps your muscles strong and your body safe from germs.

**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.

(continued)

**Ask**→ What color fruits and vegetables keep your eyes healthy, your skin glowing, and helps to keep you from getting a cold? (**yellow and orange**)

**Ask**→ What are some examples of yellow and orange fruits and vegetables? (*carrots, pineapple, cantaloupe, oranges, corn, sweet potatoes, tangerines, peppers*)

**Ask**→ What color fruits and veggies helps move food through your body for a healthy stomach? (**green**)

**Ask**→ What are some green fruits and vegetables? (*kiwi, broccoli, asparagus, celery, grapes, lettuce*)

**Ask**→ What part of the body allows you to learn and remember? (*brain*)

**Ask**→ What color fruits and vegetables help your brain? (**purple and blue**)

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

**Ask**→ What color fruits and vegetables keep your heart strong? (**red**)

**Ask**→ What are some red fruits and vegetables? (*apples, peppers, cherries, strawberries, tomatoes*)

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

**Ask**→ What are examples of brown, tan and white fruits or vegetables? (*potatoes, bananas, pears, mushrooms, onions*)

- Note: Examples of white fruits and vegetables are those that are white on the inside like a banana, pear, or a potato, or those that are white inside and out like mushrooms.

**Ask**→ Do you think you are eating a variety of fruits and vegetables? Let's find out:

### **Activity #2: Fruit and Veggie Color Tracker**

- Distribute and read the directions on the bottom of the handout. After students fill it out:

**Ask**→ Which of your rows have the fewest circles?

**Ask**→ Are you eating other fruits and vegetables that are not pictured?

**Ask**→ What fruits and veggies are you willing to eat to add more of the colors you are lacking in your diet?

**Ask**→ Why is it important to eat a variety of different color fruits and vegetable every day? (*They help different parts of your body and give you nutrients you need to be healthy. It also helps prevent chronic disease in the future.*)



**Activity #3: Get Mixed Up and Moving worksheet** Instruct students to unscramble the words to reveal terms related to physical activities.