



Lesson 6: Purple and Blue

Nutrition Objectives:

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

Supplies/Materials:

- A Rainbow of Foods worksheet (one for each student)
- 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)
- 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→ Have you eaten a green fruit or vegetable this week?

Ask→ What did you eat?

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

Say→ Blueberries are **blue** and they are a **fruit**. Cabbage is a **vegetable** that can be **purple**.

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

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

Ask→ Where is your brain? (Have students touch their heads.)

Say→ Purple and blue fruits and vegetables help your brain learn and remember. So they can help you do well in school!

Say→ Purple and blue fruits and vegetables help you do well in _____ because they are good for your _____. (Point to your head.)

Say→ Let's recite our poem about fruits and vegetables:

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 rub your skin.)

Tasty fruits and vegetables, green and yummy,

They're delicious to eat and good for your tummy. (Rub your stomach.)

Purple and blue foods are super cool.

They help you think and do well in school! (Touch your head.)

Ask→ Purple and blue fruits and vegetables are good for your _____ so they help you do well in _____?

Activity: A Rainbow of Foods worksheet