



## Lesson 8: Add Color to Your Plate!

### Nutrition Objectives:

1. Students will learn why it is important to choose a variety of different color fruits and vegetables.

### Supplies/Materials:

- Colorful fruits and vegetables template
- 12" X 18" construction paper
- Fruits and Vegetables Coloring Sheet
- 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 tried a brown, tan or white fruit or vegetable this week?

**Ask→** What did you try?

**Say→** Today we are talking a little bit more about all the different color fruits and vegetables and how they keep us healthy. Your body needs many different color fruits and vegetables to help you grow and to keep you healthy.

**Say→** Fruits and vegetables can be red, orange, yellow, green, blue, purple, brown, tan and white.

**Ask→** Which color keeps your **heart** strong? (**RED!** Eating red fruit and vegetables like **apples** is good for your heart.)

**Ask→** Which color is good for your **eyes and skin**? (**ORANGE and YELLOW!** Eating orange and yellow foods like **carrots** keeps your eyes healthy and your skin glowing.)

**Ask→** Which color makes your **tummy** feel better? (**GREEN!** Eating green fruit and vegetables like **broccoli** helps you go to the bathroom and helps your tummy feel better.)

**Ask→** Which color helps you do well in **school**? (**BLUE and PURPLE!** Eating blue and purple foods like **blueberries** is good for your brain.)

**Ask→** Which color keeps your muscles strong and body safe against germs? (**BROWN, TAN and WHITE!** Eating white fruit and vegetables like **bananas** keeps your muscles strong and body safe against germs.)

**Say→** 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!

**Say→** Let's recite our Fruit and Vegetable Poem again. (Refer to Lesson 7.)

### Ending Activity: Sorting Colorful Fruits and Vegetables

Use the template to create a similar chart on 12"X 18" construction paper. Instruct students to color the fruits and vegetables on the coloring sheet realistic colors. Next, have them cut out the pictures. Finally, they need to sort them and glue them on the correct side of the chart.