

Eating a Rainbow

Making colorful food choices every day helps encourage students to eat a variety of foods that are both delicious and high in vitamins and minerals. In this lesson, students will create a beautiful wall or bulletin board that will inspire them to “Eat a Rainbow!”

SUBJECTS



NUTRITION



ART

GRADE LEVEL

K-1

TIME

1 hr

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Objectives

- Students will be able to identify several fruits and vegetables from every color of the rainbow
- Students will identify the elements of shape, color and texture in the foods they explore
- Students will categorize the produce under the proper letter of the alphabet (posted somewhere visually) and identify, verbally and in writing, what letter corresponds with the produce
- Students will identify distinguishing features of a sentence (e.g. first word, capitalization, ending punctuation)

Materials & Preparation

- Magazines or newspapers, especially food/cooking magazines or grocery store ads
- Scissors, glue, colored markers
- 3x5 cards and colored construction paper
- Large outline of a rainbow on a bulletin board or classroom wall
- Lowercase letters written on the board or on poster paper, or done with visual media
- Paper or mini-white boards or chalkboards for students who can write the letters and words

Common Core Standards

- RF.K.1.d. Demonstrate understanding of the organization and basic features of print. Recognize and name all uppercase and lowercase letters of the alphabet.
- RL.K.10. Actively engage in group reading activities with purpose and understanding.
- RF.1.1. Demonstrate understanding of the organization and basic features of print.
- Recognize the distinguishing features of a sentence (e.g., first word, capitalization, ending punctuation).

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Lesson Introduction

1. Begin with a read/think aloud of the book “I Eat a Rainbow” by Bobbie Kalman, or “Eating the Alphabet” by Lois Ehlert. Point out distinguishing features of a sentence (e.g. first word, capitalization, ending punctuation).
2. Tell students that they are going to go on a treasure hunt for pictures of colorful fruits and vegetables.
3. Give small groups of students several magazines or newspapers along with scissors, and have them cut out all the pictures of produce they can find.

Body of Lesson

4. Once students have ample time to search and have created a significant pile of images, have students stop searching and remove the magazines or newspapers and scissors.
5. Tell the students that your goal is to create a rainbow of fruits and vegetables for the bulletin board or wall. Ask students if they can guess why they are doing this. Instruct groups to sort their images by color. (Students may be thrown off by images that have more than one color; encourage them to use the color that takes up the most space in the image).
6. Compile all groups’ images into similar color piles: red, orange, yellow, green, blue/purple and white.
7. Hold up each image for the group and ask them to name the image. If possible, ask them to try to spell the name of the fruit or vegetable as well. The teacher or student will then write the name of the image on a 3x5 card in the corresponding marker color. (For example, strawberry is written in red).
8. Students will identify the lowercase letter the produce falls under and show they know by writing it on their white board. After each student has written the letter, they will say it/check it with their partner. This is also an informal observation assessment.
9. Put up an outline of a rainbow and one-by-one have students add the images and words into the rainbow in the corresponding spot.

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Conclusion

10. Ask students to comment on the nature of their work. What do they think about all the beautiful fruits and vegetables? How many of them have the students tried?
11. Ask students again if they can guess why they did this lesson or what they learned.
12. Explain to students that by choosing a variety of colors in their meals every day, they are sure to get a good variety of healthy nutrients.

Assessment

- Ask the students to draw on a paper plate a meal that would include both their favorite foods and many colors.

Extensions

- Have students create their own healthy meal with their parents on the MyPlate sheet! Download online: choosemyplate.gov/print-materials-ordering.html
- Wrap up the lesson with a read-aloud from a related book. Several options include:
 - “How To Grow A Rainbow Garden” by Rosalind Creasey
 - “Alphabet Soup” edited by Barbara M. Walley
 - “Alphabet Soup” by Katherine Anne Banks
 - “Eating the Alphabet: Fruits and Vegetables from A to Z” by Lois Ehlert