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|  | |  | | --- | |  | | Lesson: Color Harvest Tag | |  | |
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| |  | | --- | |  | | Project Skills: | | * To be able to know what fruits and vegetables to eat and why it is important to eat the rainbow. | |  | | Life Skills: | | * Identification of healthy food and knowledge of fruits and vegetables * Know that obtaining vitamins from food requires eating many different foods. | |  | |  | |  | |  | | Grade Levels: 1-5 | |  | | Time: 30-35 Minutes | |  | | Supplies Needed: | | * Different colored construction paper * Possibly bring in some foods of different colors for visual examples. | | Do Ahead: | | * Prepare color bracelets for kids | |  | | Sources/Adapted From: | | |  | | --- | | BackGround | | Students participating in this lesson will learn the importance of eating the colors of the rainbow when it comes to eating fruits and vegetables. These different colors offer different vitamins and nutrients which is why it is important to get all the different colors in your diet. | |  | | WHAT TO DO | | Activity 1:  Explain to students why it is important to make the decision to eat the colors of the rainbow. Our bodies need vitamins and nutrients, and the only way to get all of them is to eat a variety of different colors. While oranges may have vitamin C, spinach has vitamin K and A! We must eat all the colors of the rainbow to get the benefits of each vitamin. | |  | |  | | **Activity 2:**  Give students each a paper wristband (I just cut strips of construction paper and stapled it into wristband shape). Paper wristbands should be different colors with a different name of a fruit or veggie written on them. You may want to make one color more dominant than the others (ex. More red than blue wristbands), because this will allow you to talk about how it may be easier for someone to eat red fruits than any other color (like blue). | |  | | **Activity 3:**  There will be 5-8 taggers (eaters) in the middle depending on how many kids there are. The eaters job is to collect as many colors of fruits and veggies as they can. At this point, the game turns into blob tag. The eaters try to tag a red, orange, green, yellow, blue and purple wristbanded person. When they tag someone, they join forces and hold hands, trying to tag others. The first team with all the colors of the rainbow has won! | |  | |  | |  | | Talk IT OVER | | **Reflect: Was it easy to find certain colors? Was it harder to find certain colors? In real life what are some of the colors of veggies and fruits that you eat a lot of? What are some colors that you eat not a lot of? What is a good way to get more colors of fruits and veggies in your diet?** | |  | | **Apply:** Keep a chart that has the colors of the rainbow and the days of the week. For each day, put stickers under the colors that you ate. That way you can keep track of which colors you still need to eat! | |  | | ENHANCE/Simplify | | **Enhance for Older Children:**  Talk about vitamins you can get in certain foods and why we need to eat certain foods so we don’t get deficiencies. Also talk about multi-vitamins and why getting your vitamins by eating food is a better idea. | |  | | **Simplify for Younger Children:**  Don’t mention vitamins. | |  | |  | | HELPFUL Hints:  Make some paper bracelets smaller and some bigger for varied sized wrists. Make sure to emphasize that the eaters only need to get one of each color, otherwise you will have eaters that are running around with three reds and no one else. | |  | |  | |  | |  | |  | |  | |