

Eat Your Colors: Five Days of Activities Overview

Goal:

To increase consumption of a colorful variety of fruits and vegetables among your students, so that you will have focused, ready-to-learn, healthy students in the classroom.

Objective:

By the end of May 2006, your students will:

- understand the importance of eating a colorful variety of fruits and vegetables
- have tasted fresh strawberries and diakon, and participated in related activities

Materials Needed:

- | | |
|--|---|
| 1. Writing instruments (pencils, chalk, crayons) | 4. Classroom Wipe Board Poster (provided) |
| 2. Teacher Talking Points (provided) | 5. Classroom Contract (provided) |
| 3. Student Activity Books and Crayons (provided) | 6. Produce (provided. must be picked up from the office on Monday and Friday morning) |

Time You Will Need in the Classroom:

Approximately 20 minutes on the two days with fruit tasting and the day of physical activity (Monday, Wednesday and Friday). Approximately 5 to 10 minutes on the other two days (Tuesday and Thursday).

ACTIVITIES	Basic Educational Standard
<i>First Day</i>	
Introduce “Eating a Rainbow” concept. Use Talking Points to engage students about Red fruits and vegetables. Use Classroom Wipe Board Poster as you see fit (eg. Ask volunteer students to circle a favorite fruit or vegetable from the red group or from <u>each</u> color of the rainbow) Taste test strawberries. Use of Harvest of the Month newsletter activities at your discretion.	Language Arts Science, Mathematics (Harvest of the Month)
<i>Second Day</i>	
Use Talking Points to engage students about Orange and Yellow fruits and vegetables. Distribute Activity Books and Crayons. Use of Activity Books and Classroom Wipe Board Poster at your discretion.	Language Arts
<i>Third Day</i>	
Use Talking Points to engage students about Green fruits and vegetables. Facilitate Eat Your Colors Physical Activity.	Language Arts Physical Activity
<i>Fourth day</i>	
Use Talking Points to engage students about Blue and Purple fruits and vegetables. Use of Activity Books and Classroom Wipe Board Poster at your discretion.	Language Arts
<i>Fifth day</i>	
Use Talking Points to engage students about White fruits and vegetables. Taste test diakon. Summarize “Eating a Rainbow” concept. Go over Classroom Contract.	Language Arts

Action You Need to Take: Sign up today so Nutrition Services can provide the materials you will need.

Talk with your Site Coordinator about supplemental activities – we have numerous related activity sheets available for each grade level!

