

## **2** December Supplemental Activity: *Rainbow Riddle*

### **Nutrition Lesson(s) Supported:**

- *Eat a Rainbow*

### **Supplies Needed:**

- *Piece of paper*
- *Writing utensils (pencils, crayons).*

### **Length of Time to Complete:**

- *5 minutes to introduce activity*
- *15 minutes to complete activity*

### **Audience (grades):** 2nd

### **Common Core Standards Taught:**

- *English Language Arts: Reading Informational Text 2.3*
  - *Describe the connection between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text.*
- *English Language Arts: Writing: 2.8*
  - *Recall information from experiences or gather information from provided sources to answer a question.*
- *English Language Arts: Comprehension and Collaboration 2.4*
  - *Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.*

### **Lesson:**

This month we're learning about the importance of eating a rainbow. Raise your hand and tell me why eating a variety of fruits and veggies is important.

Eating a rainbow enables your body to get a variety of vitamins, minerals, and phytochemicals, which keep your body strong and healthy.

How many fruits and vegetables should you eat each day?

Aim to fill half your plate with fruits and veggies, but at a minimum, have at least 3 servings of vegetables and 2 servings of fruit every day.

Today, we are going to have some fun writing riddles about fruits and vegetables.

Here is a fun riddle. Raise your hand if you think you know the fruit or vegetable I'm trying to describe.

- I have seeds.
- I am very sweet.
- I can grow to be bigger than a basketball.
- People like to eat me during the summer time.
- You can almost always find me at a picnic.
- I am green on the outside and pink on the inside.

What am I? *Watermelon!*

Now it is your turn. Think of a fruit or vegetable (other than watermelon), but don't say it out loud.

Think about the characteristics of this fruit or vegetable.  
(Write these prompts on the board)

- Does it have seeds?
- How does it taste?
- How big is it?
- What color is it?
- Does it have a peel?
- Does it grow on a tree or in the ground?
- When do you eat it? (breakfast, lunch, dinner)

Come up with at least 5 clues. Remember, do not write the name of the fruit or vegetable on the paper!

After students write their riddle, have them read their clues to a neighbor to see if he/she can guess the fruit or vegetable.