

Rainbow Wars

Nutrition Lesson(s) Supported:

-Fruits and Veggies

Supplies Needed:

- 5 pieces of Butcher Paper, with one of the following colors written on the top: Red, Orange/Yellow, Green, Blue/ Purple, and White.
- 5 markers

Length of Time to Complete:

10 minutes

Audience (grades): 3rd-5th grade

Background:

Eating a wide variety of fruits and vegetables provide our bodies with many minerals, vitamins, and phytochemicals. Many of the components that make vegetables and fruits so good for us also give them their color! Therefore, it is important to eat a variety of colors!

Fruits and vegetables can be broken down into the following 5 colors:

Red- promotes a healthy heart, memory, and brain function

Orange/Yellow- may reduce the risk of some cancers and promote a healthy immune system

Blue/Purple- are rich in antioxidants and promote healthy aging

Green- promote good vision and strong bones and teeth

White – may help lower cholesterol

Process:

Divide students into 5 equal groups. Each group will be given butcher paper with a color written on the top. Give them 5 minutes to write down as many fruits and vegetables for their assigned color. After the 5 minutes are up, let each group present their poster and see which group came up with the longest list. (See list of fruits/veggies by color on the following page).

Remind students that there are many ways to color their plate!

Fruits and Veggies: A Rainbow of Colors

Blue/Purple	Green	White	Orange/Yellow	Red
Blackberries	Avocado	Bananas	Apples	Apples
Blueberries	Apples	Pears	Apricots	Cherries
Cabbage	Grapes	Nectarines	Cantaloupe	Cranberries
Currants	Honeydew Melon	White Peaches	Grapefruit	Raspberries
Eggplant	Kiwi	Cauliflower	Oranges	Watermelon
Grapes	Limes	Garlic	Mangoes	Strawberries
Plums	Pears	Ginger	Nectarines	Pomegranate
Raisins	Artichoke	Artichoke	Peaches	Peppers
Purple Potatoes	Arugula	Jicama	Pineapple	Tomatoes
Figs	Asparagus	Mushrooms	Tangerine	Radishes
Beets	Broccoli	Onions	Melon	Rhubarb
Purple asparagus	Brussels Sprouts	Parsnips	Beets	Red Onion
	Cabbage	Coconut	Squash	Red Potatoes
	Celery	Shallots	Corn	Red Pears
	Cucumber	Turnips	Peppers	
	Lettuce	Corn	Carrots	
	Peas		Pumpkin	
	Peppers		Sweet Potato	
	Spinach		Pears	
	Zucchini			

Resources:

<http://www.pbhfoundation.org/pulse/success/campaigns/colorway/colors.php>