



**Food Education Standard #6:** We can make positive and informed food choices.

## Eating the Rainbow

**Grade Levels & Subjects:** Early Childhood and K - 2 English Language Arts

### Learning + Food Objectives:

Students will learn about the importance of eating different colors of food and will identify their favorite foods of each color.

### Common Core Standards:

Common Core English Language Arts

Using drawings to show new information

#### CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

#### CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



### MATERIALS NEEDED

- Anchor chart paper/markers
- One of the following books (option to find it read aloud online):
  - *Colors of the Rainbow (I can eat a Rainbow)* by Lizzie Swan & Marlowe Bechmann or
  - *I Can Eat a Rainbow* by Olena Rose
- "Eat the Rainbow! - Nutrition Lesson for Kids" by Physicians Committee - <https://www.youtube.com/watch?v=L1StpMfMwXY&feature=youtu.be>
- Student Worksheet (Attached below)

## CLASSROOM PROCEDURE

### INTRODUCTION (5 minutes)

1. Teachers may wish to have food posters or images posted around the room prior to the start of the lesson.
2. Ask the class: Why is food important? What foods are good for our body?
3. Record students' answers on the board or big chart paper.
4. Encourage active listening by asking students to build off their classmates' comments, like "I really like what \_\_\_ said about grapes." or "I agree with \_\_\_, broccoli is good for you."

### INSTRUCTION (30 - 50 minutes)

5. Explain that for today's lesson the class is going to use the colors of the rainbow to recall the best foods for our bodies.
6. Prepare to read one of the books below. Teachers should know that these books may be available online as video read-alouds.
  - *Colors of the Rainbow (I can eat a Rainbow)* by Lizzie Swan & Marlowe Bechmann or
  - *I Can Eat a Rainbow* by Olena Rose
7. Ask for 3-4 volunteers to answer one or more of the questions below:
  - a. What did you notice about the foods in the story?
  - b. Were any of your favorite foods included?
8. Direct students to the Foods of Each Color that Help My Body table in the student worksheet. Tell students they will do this table after the next video.
9. Now, play the video "Eat the Rainbow! - Nutrition Lesson for Kids" by Physicians Committee.
10. After the video, ask students to complete the Foods of Each Color That Help My Body table.
11. Allow time for students to complete the table with drawings either independently, in small groups or as a whole class depending on student needs.

### CLOSING (10 minutes)

1. Ask students to share 1 of the colors that they want to try this month and to draw a different food of that color than the one they drew in the Foods of Each Color That Help My Body table.
2. Share out responses and record them on an anchor chart.
3. OPTIONAL: Create an anchor chart with "The New Foods Our Class Has Tried!" to display the new foods!  
*Teacher can choose to bring in some of the new foods and try as a whole class!*

The student worksheet below can be printed or copied onto  
any online learning platform.



## Eating the Rainbow

### Foods of Each Color That Help My Body

**Directions:** Draw 1-2 foods to fill in each row of the chart. Think about what you read in the stories and in the [Eat the Rainbow! - Nutrition Lesson For Kids](#).

Foods of Each Color That Help My Body		
Red	This food helps my <b>heart</b> .	
Orange	This food helps my <b>eyes</b> .	
Yellow	This food helps my <b>immune system</b> .	
Green	This food helps my <b>bones</b> .	
Blue	This food helps my <b>brain</b> .	
Purple	This food helps my <b>digestion</b> .	



## Foods I Will Try This Month

**Directions:** Draw a food of a certain color that you're going to try this month.

I will try this color (food) this month...