

# EAT 5 A DAY THE RAINBOW WAY

2-3

## ACTIVITY 2



### Learning Objective:

Students will learn about different fruits and vegetables of all colors to add to their diet.

### Materials Required:

More Matters wall hanging chart, food cards, Fruits and Vegetables handouts.

### Estimated Time Required:

30 minutes for entire lesson  
20 minutes for handout

### Teaching Instructions:

#### Classroom Wall Hanging Chart

- 1: Cut food cards and place Velcro dots on the back of each one. Separate fruits and vegetable cards from the stack.
- 2: Display the More Matters chart in the classroom.
- 3: Distribute the fruit and vegetable cards to the students.
- 4: Ask the students to walk up to the chart one at a time and show the class their card. Ask them to name the food, to say whether it is a fruit or a vegetable, then stick the card on the chart under the correct column/color.

#### Individual Student Activity

- 1: Have students complete the "Fruits and Vegetables" handout.

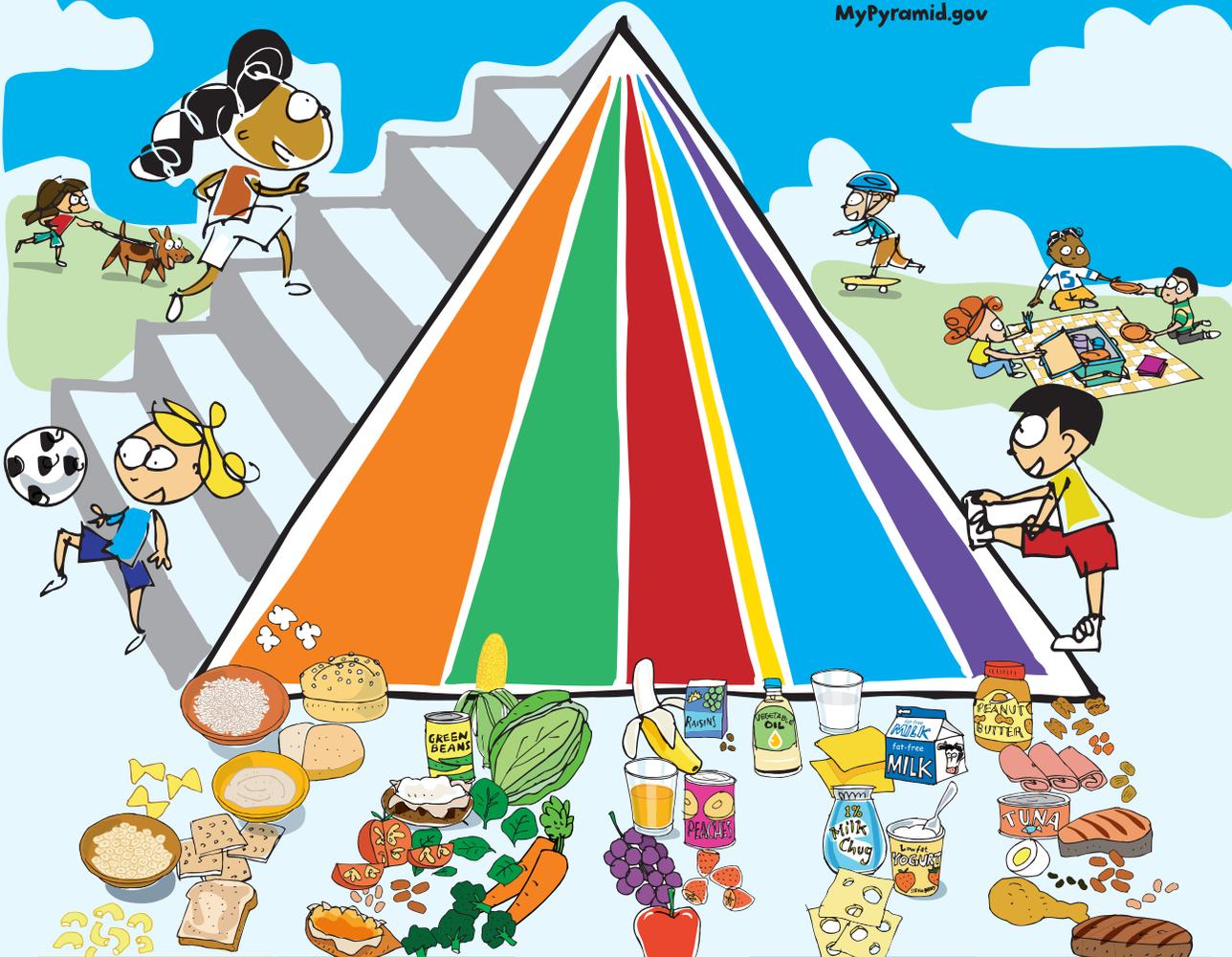


# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

<p><b>Eat 6 oz. every day:</b> at least half should be whole</p>	<p><b>Eat 2 1/2 cups every day</b></p>	<p><b>Eat 1 1/2 cups every day</b></p>	<p><b>Get 3 cups every day:</b> for kids ages 2 to 8, it's 2 cups</p>	<p><b>Eat 5 oz. every day</b></p>
--	--	--	---	-----------------------------------

**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

**Find your balance between food and fun**

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

**Fats and sugars – know your limits**

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



# TEACHER'S GUIDE



Eat 5-A-Day the Rainbow Way  
Eat your colors every day to stay healthy and fit.

## Blue/Purple

blackberries  
blueberries  
black currants  
dried plums  
elderberries  
purple figs  
purple grapes  
plums  
raisins  
eggplant

## Green

avocados  
green apples  
green grapes  
honeydew melon  
kiwifruit  
limes  
green pears  
artichokes  
arugula  
asparagus  
broccoli  
broccoli rabe  
brussels sprouts  
Chinese cabbage  
(napa/bok choy)  
green beans  
green cabbage  
celery  
chayote squash  
cucumbers  
leafy greens  
leeks  
lettuce  
green onion  
okra  
peas  
green pepper  
snow peas  
spinach  
sugar snap peas  
zucchini

## White

bananas (inside)  
brown pears  
(inside)  
white nectarines  
white peaches  
cauliflower  
garlic  
ginger  
jicama  
mushrooms  
onions  
parsnips  
white potatoes  
shallots  
turnips

## Yellow/Orange

yellow apples  
apricots  
cantaloupe  
yellow figs  
grapefruit  
golden kiwifruit  
lemon  
mangoes  
nectarines  
oranges  
papayas  
peaches  
yellow pears  
persimmons  
pineapples  
tangerines  
yellow watermelon  
yellow beets  
butternut squash  
carrots  
yellow peppers  
yellow potatoes  
pumpkin  
rutabagas  
yellow summer squash  
sweet corn  
sweet potatoes  
yellow tomatoes  
yellow winter squash

## Red

red apples  
blood oranges  
cherries  
cranberries  
red grapes  
pink/red grapefruit  
red pears  
pomegranates  
raspberries  
strawberries  
watermelon  
beets  
red cabbage  
red peppers  
radishes  
radicchio  
red onions  
rhubarb  
tomatoes

