



## Activity #4: Healthy Food Festival!

### Activity Overview

In this activity, students apply their new learning to create fun ways to eat the rainbow during the week. Students are encouraged to consider the food and cooking traditions of their families, communities, and cultures as they brainstorm ideas for meals.

### Content Areas

Life Sciences and Health Education

### Activity Duration

1–2 45-minute periods

### Objectives

- Describe some traditional foods or recipes of their families, communities, or cultures
- Apply their learning to create a plan for eating the rainbow during the week

### Materials

- Students' rainbow drawings from Lesson #4
- Handout: Fruit and Vegetable Rainbow (1 per student)
- Handout/Website: [Liven Up your Meals with Vegetables and Fruits](#) from the United States Department of Agriculture (1 per group or displayed)
- Handout: *A Week of Eating the Rainbow Directions* (1 per group)
- Handout: *A Week of Eating the Rainbow* (1 per student)
- Crayons, markers, colored pencils (optional)
- Internet access



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### Procedure

1. Say, "Eating the rainbow is a phrase that reminds us to eat a variety of fruits and vegetables. Different colors of fruits and vegetables provide different types of vitamins and minerals that are important for our bodies to grow, stay strong, fight illness, and repair damage. In this activity, we'll have some fun with the rainbow to come up with some recipes or meals that include fruits and vegetables!"
2. Ask students to review the rainbow drawings they created in the lesson Fresh Foods Fuel Fitness and ask, "What kinds of fruits did you include? What kinds of vegetables did you include? Why did you select those foods?" Distribute *Fruit and Vegetable Rainbow* handout and discuss any foods that are new to students.
3. Ask students to think about some of the foods their families prepare, or some of the kinds of foods or meals they find in their neighborhood, community, or culture. If possible, share one of your own examples, such as, "When I was little, my grandpa would make zucchini bread with fresh zucchini from his garden. It was always a special treat. Sometimes I would help him make it. When I think of zucchini, I think of my grandpa!" Encourage students to share their stories about food traditions.
4. Tell students they're going to work together to come up with ideas for special foods or meals and maybe they'll even start food traditions of their own!
5. Divide students into small groups and explain, "In this activity, you will work together to come up with some ideas for creative and fun ways to eat the rainbow during the week. To help you think, plan, and create, you will get two resources. You already have the first one (the Fruit and Vegetable Rainbow).
6. Distribute the [Liven Up your Meals with Vegetables and Fruits](#) handout (or display it so that all students can see it). The sheet contains some fun ideas that may help to get students' creative juices flowing.
7. Distribute *A Week of Eating the Rainbow*. Remind students that their goal is to make sure they plan to eat the rainbow over the course of a week. They are to work together to figure out how to plan at least one meal for each day. They can plan the same meal each day or mix it up! If they have time, they can decorate/color their meal plans or add a second meal for some of the days. Tell students they have to include the following information for each day:



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- Breakfast, Lunch, Dinner, or Snack?
  - Name of meal/recipe (e.g., Berry Blast Smoothie)
  - Names of foods/ingredients
  - How they'll be prepared
  - Colors of the rainbow covered
8. Close the activity by having groups share at least one of their rainbow meals. Display meal plans around the classroom or in the hallway.

# Fruit and Vegetable Rainbow

## RED

Beets  
Cherries  
Cranberries  
Pink grapefruit  
Red grapes  
Red onions  
Red peppers  
Pomegranates  
Red potatoes  
Radishes  
Raspberries  
Strawberries  
Tomatoes  
Watermelon

## ORANGE/ YELLOW

Yellow apples  
Apricots  
Squash  
Cantaloupe  
Carrots  
Grapefruit  
Lemon  
Nectarines  
Oranges  
Peaches  
Papayas  
Yellow peppers  
Pineapples  
Yellow potatoes  
Pumpkin  
Sweet corn  
Yellow tomato

## GREEN

Green apples  
Artichokes  
Asparagus  
Avocados  
Green beans  
Broccoli  
Brussel sprouts  
Cabbage  
Celery  
Chard  
Collards  
Cucumbers  
Green grapes  
Honeydew melon  
Kale  
Kiwi  
Lettuce  
Lima beans  
Limes  
Green onions  
Peas  
Green peppers  
Spinach  
Zucchini

## BLUE/ PURPLE

Blackberries  
Blueberries  
Purple cabbage  
Plums  
Eggplant  
Purple grapes  
Raisins

## WHITE/ BROWN

Bananas  
Pears  
Cauliflower  
Garlic  
Ginger  
Jicama  
Mushrooms  
Onions  
Potatoes  
Turnips  
Kohlrabi

# A Week of Eating the Rainbow

## Directions

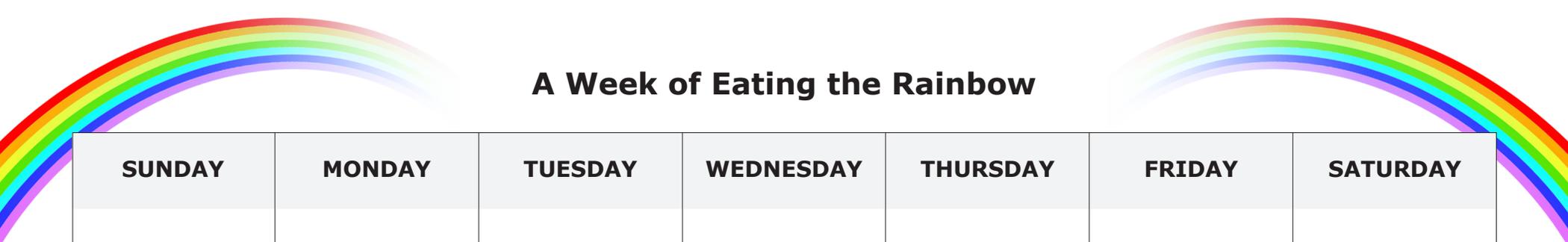
Work together to create a fun and interesting meal plan to help you eat the rainbow over the course of a week.

Plan at least one meal for each day of the week. You can plan the same meal each day or mix it up. Have fun planning your meals! Think of some of your favorite foods or recipes and tweak them to make them your own! Be creative and have fun!

If you have time, decorate/color your meal plans or add a second meal for some of the days.

Your meal plan must include the following information for each day:

- Breakfast, Lunch, Dinner, or Snack?
- Name of meal/recipe (e.g., Berry Blast Smoothie)
- Names of foods/ingredients
- How they'll be prepared (e.g., grilled, baked, blended, mixed and chilled, sandwich, kabob, raw in a bowl, mixed with eggs, etc.)
- Colors of the rainbow covered each day



# A Week of Eating the Rainbow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY