# EAT 5 A DAY THE RAINBOW WAY

ACTIVITY 2

## Learning Objective:

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

## Materials Required:

5 a Day 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 5-to-9-a-Day 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.

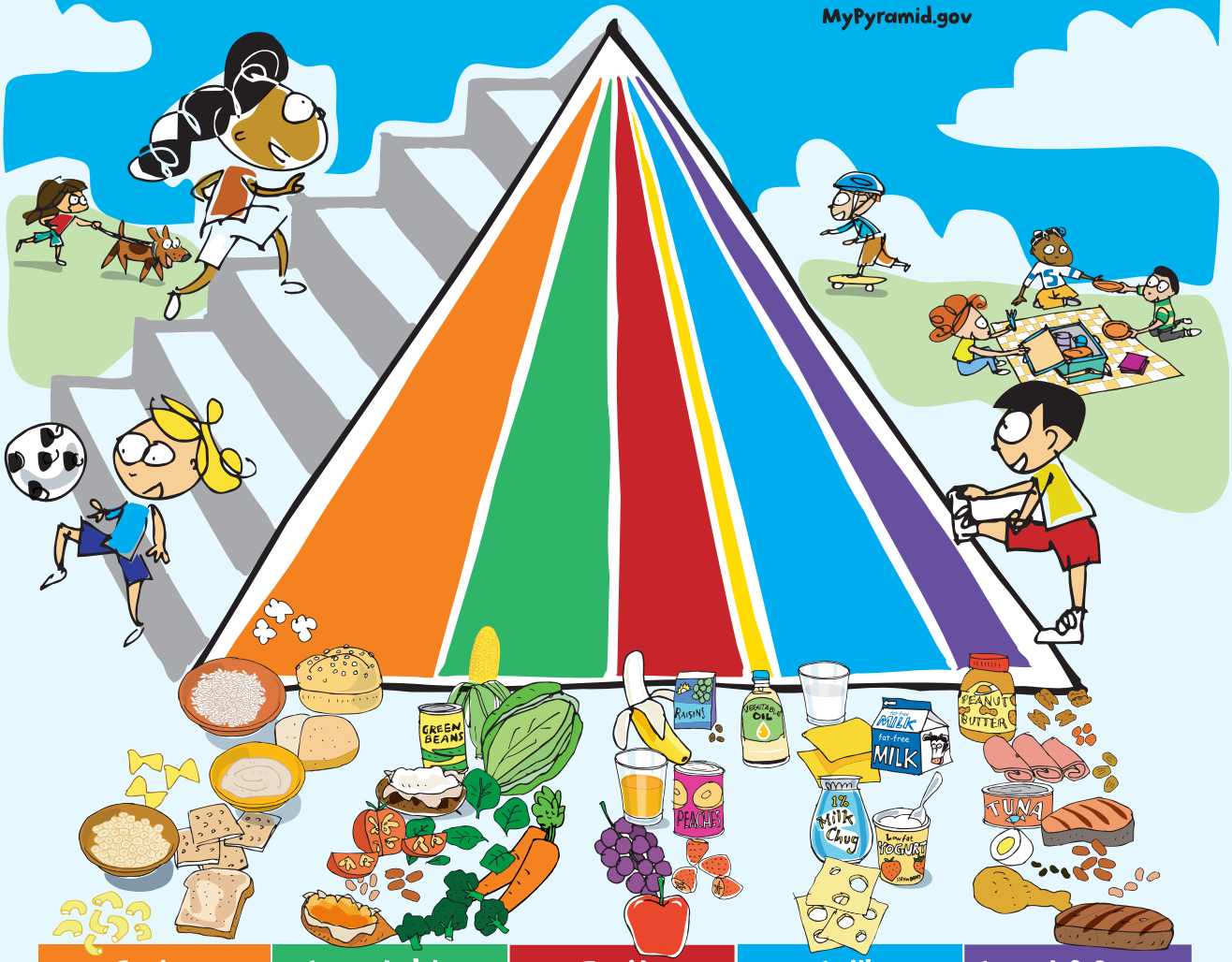
### Individual Student Activity

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

# MyPyramid For Kids

**Eat Right. Exercise. Have Fun.**

MyPyramid.gov




## Grains
**Make half your grains whole**

Start smart with breakfast. Look for whole-grain cereals.

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").

**Eat 6 oz. every day; at least half should be whole**

## Vegetables
**Vary your veggies**

Color your plate with all kinds of great-tasting veggies.

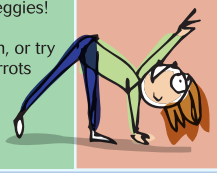
What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

**Eat 2 1/2 cups every day**

## Fruits
**Focus on fruits**

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.



**Eat 1 1/2 cups every day**

## Milk
**Get your calcium-rich foods**

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

**Get 3 cups every day; for kids ages 2 to 8, it's 2 cups**

## Meat & Beans
**Go lean with protein**

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

**Eat 5 oz. every day**

**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.**

**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.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

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USDA

TEAM Nutrition
teamnutrition.usda.gov

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# EAT 5 A DAY THE RAINBOW WAY

Instructions: List all the different colored fruits and vegetables that you know in the correct columns below.

| Purple/Blue | Green | White | Yellow/Orange | Red |
|---|---|---|---|---|
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**Eat 5 servings every day!**

# 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