

EAT YOUR COLORS

GRADE LEVEL(S) 2-3

LESSON OBJECTIVE

Students will locate the fresh fruit stand at the Pier and be able to identify the different fruits, match the color of the fruits with their health benefits, and upon return to the classroom, draw and describe the fruits seen and their health benefits.

BACKGROUND/PRIOR KNOWLEDGE NEEDED

The colors in fruits and vegetables represent different nutrients that protect our bodies and keep them strong and healthy. Eating at least 5 servings of fruits and vegetables every day and choosing a variety of colors keeps our bodies strong and healthy.

Red: healthy hearts

Orange and yellow: healthy eyes

Green: strong bones and teeth

Blue and purple: healthy brains

White: healthy hearts

Supplemental reading in classroom: [The Fruit Flies Picnic](#) by Kathleen Stefancin

Also: <http://www.heb.com/yourHEBStore/SD-produce-5aDayIntro.jsp>

And: <http://www.fruitsandveggiesmorematters.org>

EDUCATION STANDARD(S)

1. Health Framework Expectation 1 K-3
 - a. Grouping foods by color
 - b. Establishing and maintaining healthy eating practices
2. English Language Arts CDE content: Writing Strategies 1.0

MATERIALS NEEDED

Handout provides basic information

Supplemental materials available from www.produceforbetterhealth.com

MOTIVATION

Discuss benefits of fruits and vegetables in the classroom

1. Taste – sweet snack to replace high sugar added foods.
2. Variety – may different fruits to choose from – everyone has a favorite

3. Health benefits – strong healthy bodies to be able to perform all the functions students enjoy – playing, learning

DIRECT INSTRUCTION

See above.

GROUP/INDEPENDENT WORK

Students can work independently or in varying groups depending on the level of ability, class size and/or teacher's preference.

ACCOMMODATIONS AND MODIFICATIONS

This activity can be enjoyed by all students.

ASSESSMENT/WRAP UP

Drawings done in classroom will indicate student's retention and learning of the material.