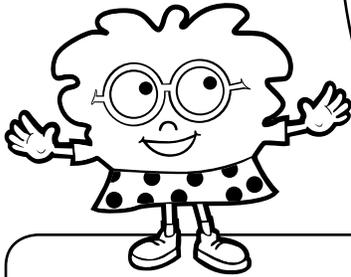
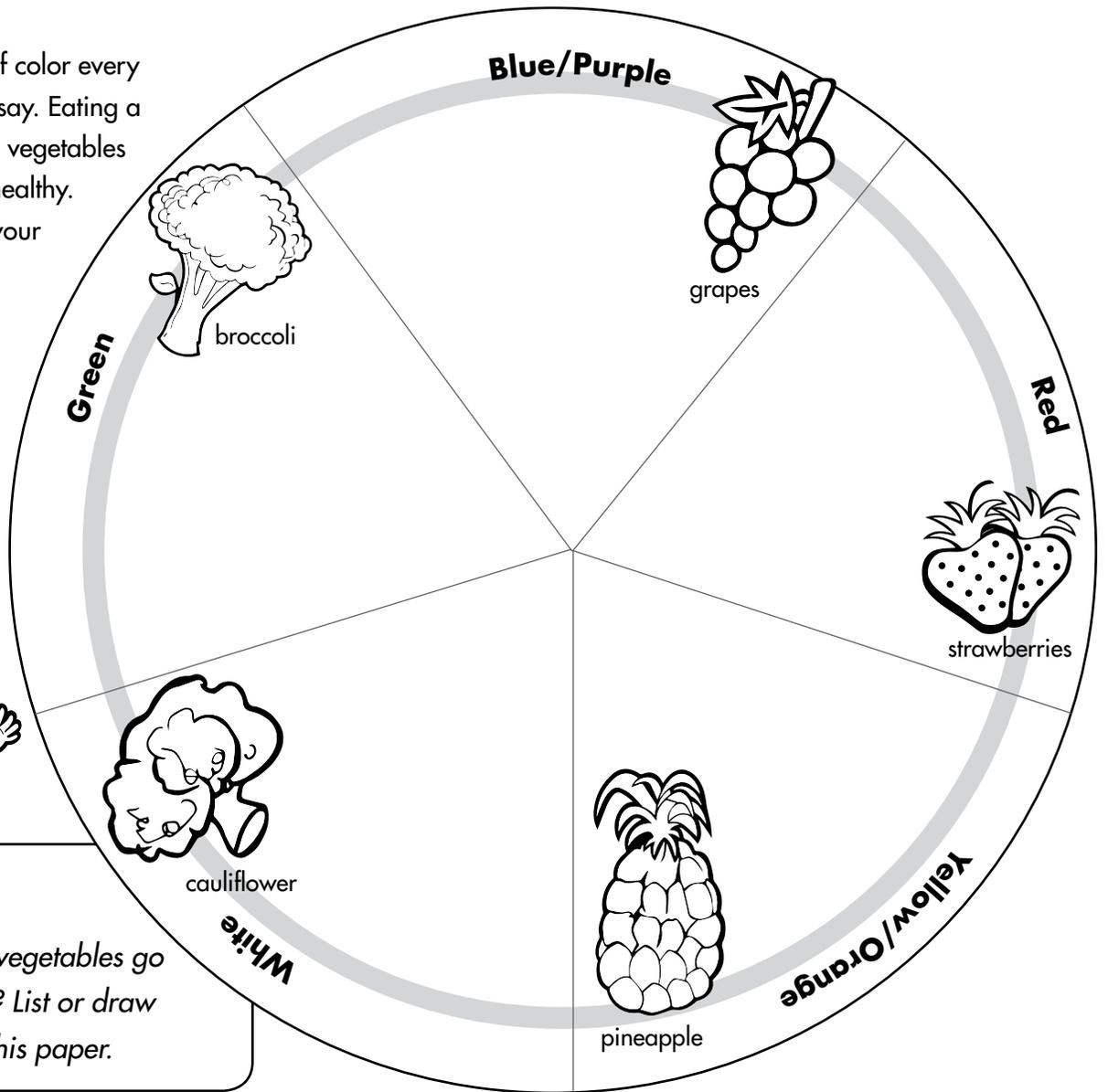


Put a Rainbow on Your Plate

Part 1:

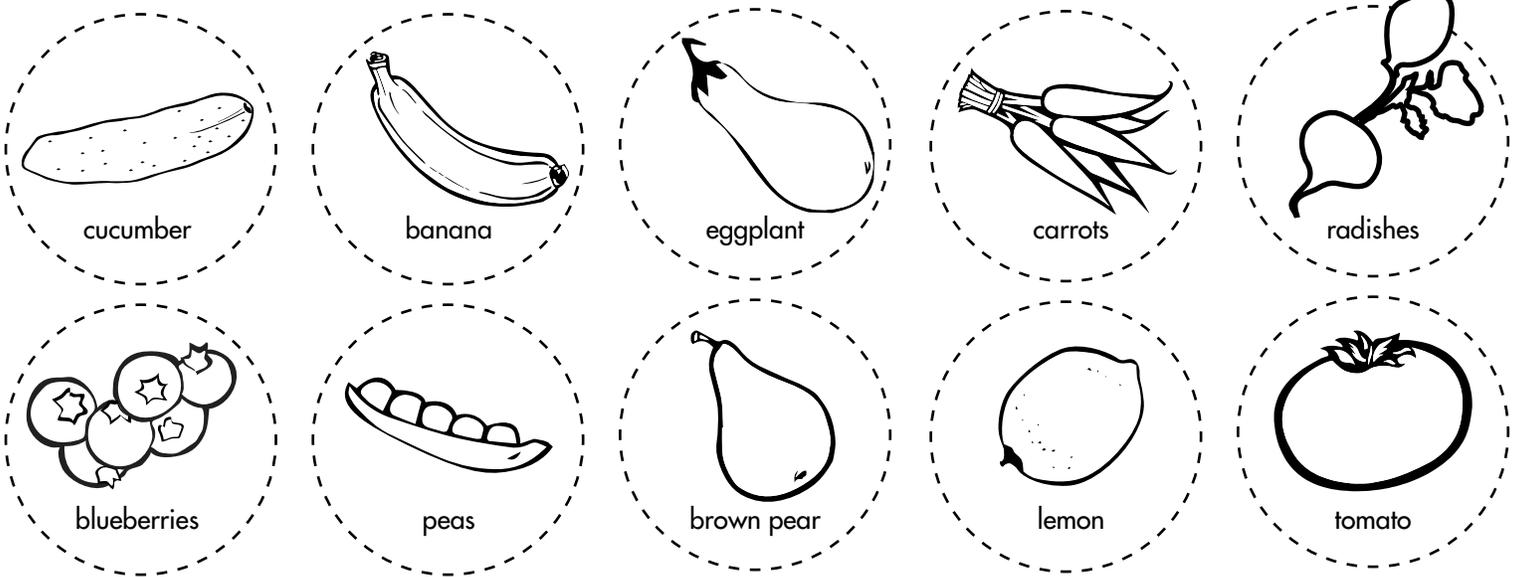
You should eat a plateful of color every day! That's what scientists say. Eating a variety of colorful fruit and vegetables every day helps you stay healthy.

You can remember to eat your colors by putting fruit and vegetables into five color groups. Color the fruit and vegetables in the circles. Then cut them out and paste them in the right color group on the plate. One is done for you in each group.

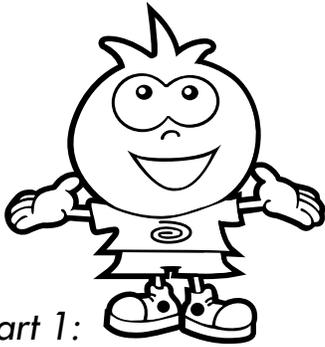


Part 2:

What other fruit and vegetables go in these color groups? List or draw them on the back of this paper.



Rainbow Shopping

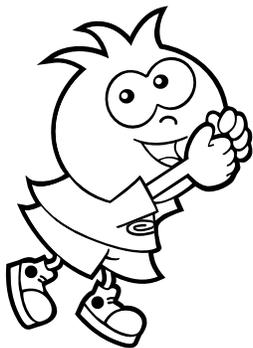
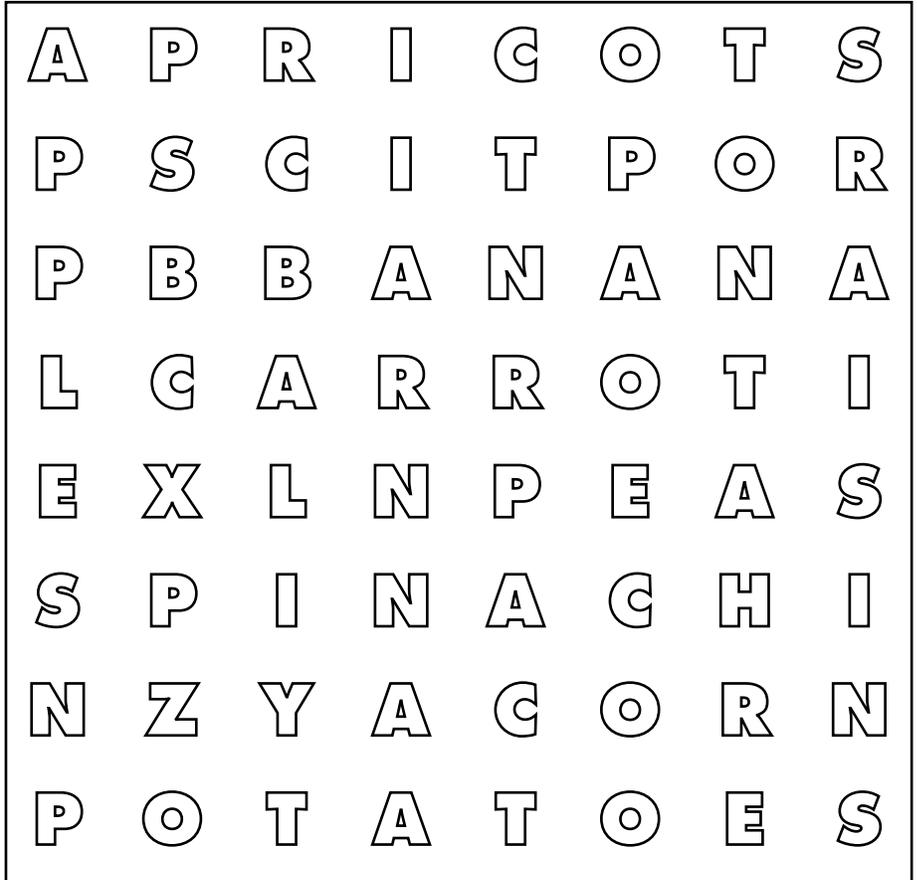


Part 1:

You can find lots of colorful fruit and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle. Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

Fruit and Vegetables to Find

- APPLES SPINACH
- APRICOTS POTATOES
- BANANA RAISINS
- CARROT CORN
- PEAS



Part 2:

You can buy many fruit and vegetables in different forms. They come fresh, frozen, as juices, canned, and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruit and vegetables listed.

	Fresh	Juice	Frozen	Canned	Dried
Pineapple					
Grapes					
Peas					
Corn					
Plums					
Potatoes					

Colorful Eating

Part 1:

You should fill half your plate with fruit and vegetables every day. That way, you'll be sure to get enough!

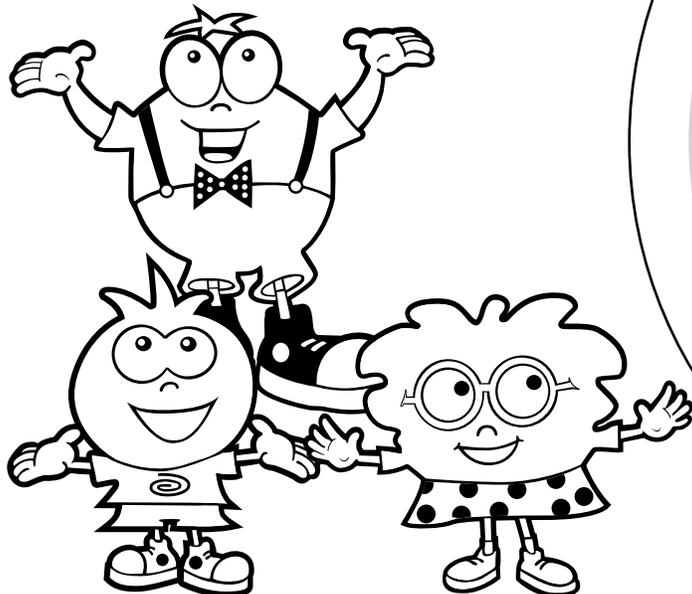
Here are some ideas:

- a piece of fresh fruit like a banana or orange
- ½ cup cooked vegetables or raw vegetables
- a 6 oz. glass (¾ cup) of 100% fruit or vegetable juice
- ½ cup canned or frozen fruit (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- ¼ cup dried fruit like a mini-box of raisins
- ½ cup legumes like beans or peas

Be sure to fill half your plate with fruit and vegetables and choose from the five color groups. Check out the meal that Winonna is eating and show how she can add color to it. One idea is done for you. Then add color to Raoul's meal.

Part 2:

On the back of this paper create a meal or snack for yourself. Be sure to have color on your plate.



Ways to add some color:	Color added:
1. Add blueberries to cereal	blue/purple
2.	
3.	
4.	
5.	

Winonna's Breakfast Menu:
Bowl of cereal, glass of milk

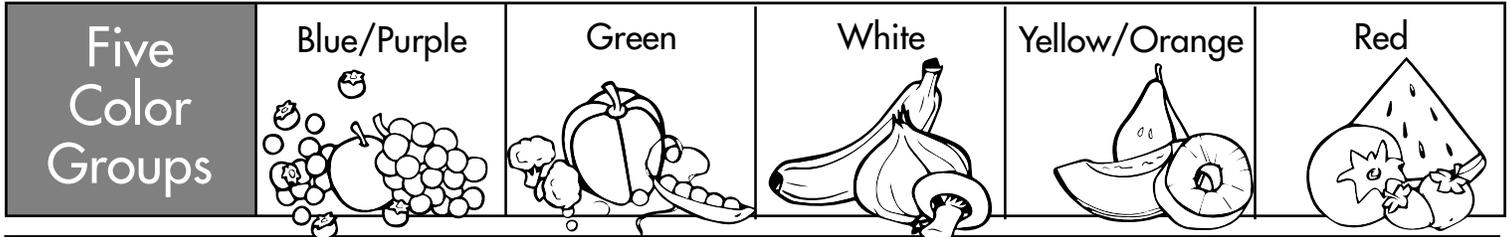
Ways to add some color:	Color added:
1.	
2.	
3.	
4.	
5.	

Raoul's Lunch Menu:
Ham and cheese sandwich, cherry tomatoes, and an apple

Is There a Rainbow on Your Plate?

Part 1:

Are you eating fruit and vegetables from all five color groups every day? Find out by keeping track of what you eat. In the chart here, color a block each time you eat a fruit or vegetable. Be sure to color the block the same color as the group the fruit or vegetable belongs in.



Colors of Fruit and Vegetables I Ate						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:

Part 2:

Check your chart. Are you including fruit and vegetables from each of the five color groups? If yes, great! If no, find ways to add more colorful fruit and vegetables to your plate every day.

Put a Rainbow on Your Plate



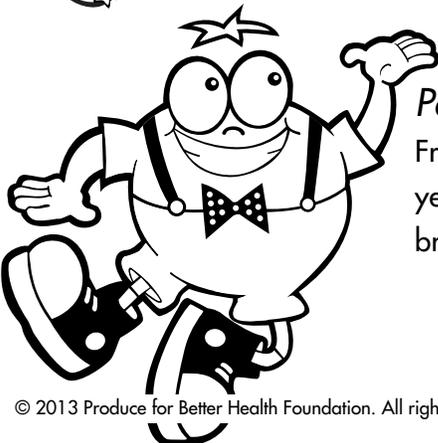
Part 1:

Think about the foods that you eat every day. Do you eat lots of fruit and vegetables? Should you? For each statement, check whether you agree or disagree.

	Agree	Disagree
1. USDA MyPlate recommends you make half of what you eat fruit and vegetables every time you eat.	<input type="checkbox"/>	<input type="checkbox"/>
2. Fruit and vegetables contain vitamins and minerals.	<input type="checkbox"/>	<input type="checkbox"/>
3. Phytochemicals (pronounced fight-o-chemicals) help keep people healthy and give plants their color.	<input type="checkbox"/>	<input type="checkbox"/>
4. Fruit and vegetables can be grouped by color.	<input type="checkbox"/>	<input type="checkbox"/>
5. Bananas belong to the yellow/orange group.	<input type="checkbox"/>	<input type="checkbox"/>
6. Grouping fruit and vegetables by color is an easy way to remember to eat a variety of them every day.	<input type="checkbox"/>	<input type="checkbox"/>
7. Eating fruit and vegetables from each of the five color groups and exercising will help you stay healthy and fit.	<input type="checkbox"/>	<input type="checkbox"/>
8. The best way to get the vitamins, minerals, and other essential nutrients our bodies need is by taking vitamins and other supplements.	<input type="checkbox"/>	<input type="checkbox"/>
9. It's easy to add color to your diet every day.	<input type="checkbox"/>	<input type="checkbox"/>
10. I fill half my plate with a variety of colorful fruit and vegetables every day.	<input type="checkbox"/>	<input type="checkbox"/>

Part 2:

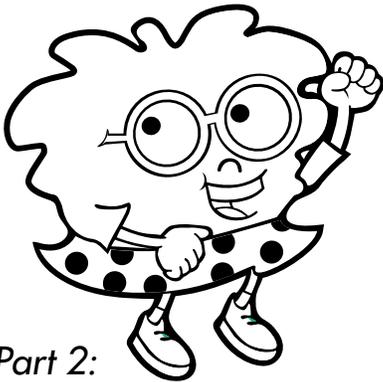
Fruit and vegetables are grouped by color—blue/purple, green, white, yellow/orange, and red. In which group would you put peppers? pineapple? broccoli? grapes? grapefruit? kiwifruit? apples? endive? okra? mushrooms?



Rainbow Shopping

Part 1:

You're helping out with the food shopping. Your job is to buy the fruit and vegetables, but your shopping list got all mixed up. First, unscramble the words to find out what you need to buy. Then use crayons to circle the words on your list to show which of the five color groups each fruit and vegetable belongs in.



Part 2:

Wow! You have a list of things to get at the supermarket for mom. But where do you look? You can find fruit and vegetables all over the supermarket because they come in different forms. Pineapples, for example, can be found in the produce section as fresh fruit, in the dairy case as pineapple juice, in the frozen foods section as frozen juice, in the canned goods section and in the dried fruit section. Check (✓) the different section in which you might find the fruit and vegetables listed.

1. RIESERCH _____
2. NEDCAN ESTOTOMA _____
3. DEIRD GOMAN _____
4. PLEPINEAP ICEJU _____
5. NANABAS _____
6. ACHSPIN _____
7. COLIBROC _____
8. PLEGANTG _____
9. BERBLRIEUSE _____
10. ZENFRO SAEP _____

	Produce	Dairy	Frozen Foods	Packaged/ Canned Goods
Pineapple				
Grapes				
Peas				
Corn				
Plums				
Potatoes				
Peaches				
Blueberries				
Carrots				
Oranges				



Colorful Eating

RAINBOW

of Color Menu

Part 1:

You should fill half your plate with fruit and vegetables every day.

Here are some ideas:

- a piece of fresh fruit like a banana or orange
- ½ cup cooked vegetables or raw vegetables
- a 6 oz. glass (¾ cup) of 100% fruit or vegetable juice
- ½ cup canned or frozen fruit (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- ¼ cup dried fruit like a mini-box of raisins
- ½ cup legumes like beans or peas

You've been hired to produce a food show for the Rainbow Food Channel. The topic for the show is adding a rainbow of color to your diet. You need to create a day's worth of menus that will give viewers seven servings of a variety of fruit and vegetables from the five color groups.

Work with the group your teacher assigns you and start thinking—breakfast, lunch, snack, and dinner. Create your menus.

Part 2:

Now rate your menus on a scale of 1-10, with 10 being the best. Are you filling half your plate with fruit and vegetables at every meal? How many color groups did you use? How many different fruit and vegetables are on your menu? Are the dishes appealing? Easy to prepare? Present your menu to the class. Then see how the class rates it.

Breakfast

Rating: _____

Lunch

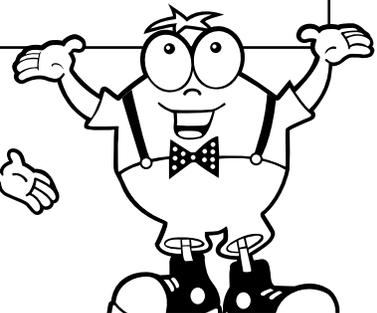
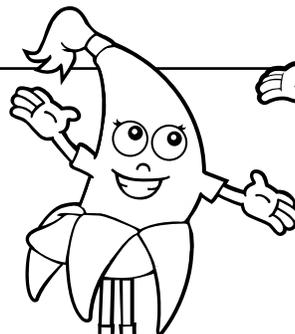
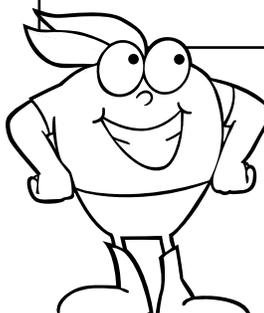
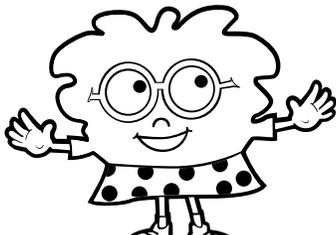
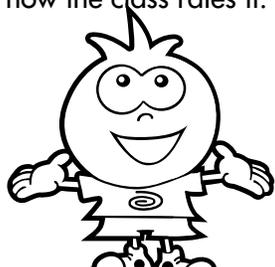
Rating: _____

Snack

Rating: _____

Dinner

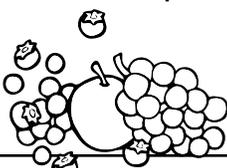
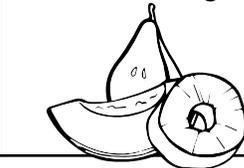
Rating: _____



Is There a Rainbow on Your Plate?

Part 1:

Are you eating fruit and vegetables from all five color groups? Are you eating different fruit and vegetables from within each group every day? Find out by keeping track of what you eat. In the chart, record both the color group and the name of the fruit or vegetable you ate.

Five Color Groups	Blue/Purple	Green	White	Yellow/Orange	Red
					

Colors of Fruit and Vegetables I Ate						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:	Total # of colors eaten today:

Part 2:

Check your chart after a week to make sure you are eating a rainbow of colors and a variety of fruit and vegetables within each color group. If you are, congratulations! If not, work on eating a rainbow of fruit and vegetables every day!