

Ever Taste A Rainbow?

Program description: A story hour lesson that introduces pre-school age children to the importance of eating a “rainbow” of colors of fruits and vegetables.

Setting: Libraries, preschools, child care centers

Lifestyle Goal:

- Children will increase their fruit and vegetable intake.
- Children will be able to explain that fruits and vegetables are important parts of a healthy diet, especially “Tasting a Rainbow”.

Objective:

- Children will be able to identify the names and colors of different fruits and vegetables.
- Children will be able to verbalize at least 3 health benefits of eating a variety of fruits and vegetables.

Needed Materials:

- A variety of fruits and vegetables, pictures, artificial models or, preferably, fresh produce, in different color groups.
- Crayons or markers
- Color picture of a rainbow
- A book to read to the children related to eating fruits and vegetables. Suggested titles include:
 - “*Rabbit Food*” by Susanna Gretz
 - “*Lunch*” by Denise Fleming
 - “*I Will Never Not Eat A Tomato*” by Lauren Child
- Coloring worksheet, available at: www.foodchamps.org
- *My Pyramid* handout for children, available at: mypyramid.gov/kids
- Passports to Health that children can use to track their intake of fruits and vegetables
- Certificates to be awarded to children who successfully eat a rainbow
- Program evaluation forms
- Give-away items related to fruits and veggies, such as stress fruits and veggies or Frisbees, optional.

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It's fun to conduct an Ever Taste A Rainbow story hour! Follow these simple steps to make your story hour a great success.

Step 1	Step 2	Step 3	Step 4	Step 5
<p>Ask the children if they have ever seen a rainbow...a real one or a picture of one. Show a picture of a rainbow. Ask the children to identify the colors of the rainbow.</p> <p>Colors of the rainbow: Red, orange, yellow, green, blue, indigo and violet.</p>	<p>Ask the children if they have ever tasted a rainbow. ...they'll probably giggle a bit!</p> <p>Explain while it is not possible to eat a real rainbow, eating foods of all different colors is just like eating a rainbow!</p>	<p>Ask the children to name some of their favorite fruits and veggies. Demonstrate, by pointing at picture of a rainbow, how the fruits and veggies match the colors of the rainbow.</p>	<p>Read the book of your choice that relates to fruits and veggies.</p>	<p>Stress the importance of eating foods of lots of different colors. Encourage the children to try different foods. Explain that although they may not like broccoli now when they are little, they might like it when they get to be older.</p> <p>Peoples' tastes change with time. Children and caregivers should offer all different kinds of food...one day they just might like it.</p>
Step 6	Step 7	Step 8	Step 9	Step 10
<p>Allow the children to view, touch and smell a basket full of fresh fruits and veggies. Try to include a variety of colors to reinforce the lesson learned.</p> <p>Displaying fresh produce allows children to see first hand foods of all different colors. If only artificial foods are available, stress that the pretend foods are just like the ones you find in the supermarket and challenge them to find the real ones when they go shopping with their caregivers.</p>	<p>After the fruits and vegetables are viewed, ask the children to promise to eat a rainbow everyday. Ask each to verbalize what new food/color he/she will promise to try.</p>	<p>Hold up the Passport to Health booklet. Explain that the book can be used to help them keep track of the different colored foods they eat. Tell them that after the book is complete, they will be awarded a special certificate.</p> <p>You can instruct them to return the booklet to you, if possible, and you will present them with the certificate. If not, give the certificate to the child's care giver to hold until the child has successfully eaten a rainbow.</p>	<p>Invite the children to color a fruit and veggie coloring sheet.</p>	<p>Upon leaving, present each child with a give-away that will remind him/her to eat lots of fruits and veggies. (Optional)</p> <p>You may also allow caregivers to take brochures/handouts.</p>

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Some foods that match the colors of a rainbow.....

RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET
Apples Tomatoes Cherries Strawberries Radishes Beets	Tangerines Clementines Papaya Carrots Persimmons Yams	Banana Turnips Squash Waxed Beans Cauliflower Potatoes	Sting Beans Broccoli Pear Kiwi Cucumber Spinach	Blueberries Blue corn Blue Potatoes	Grapes Eggplant Plums Mixed Beans	Cabbage Chinese Eggplant



I Spy Something Red!

Kids love to play I Spy. Encourage them to play I Spy in the market. They can help Mom/Dad/Nanny find foods of all different colors and build a rainbow of colors in their cart. Don't forget to tell them to look throughout the entire market for foods of all colors. Dried fruit like papaya, cranberries and raisins will help them build a great rainbow. Remind them to look for beans too, dried, canned and fresh. 100% juice, veggie, fruit or a combo also counts!!