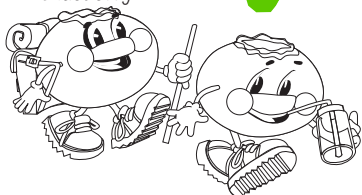


# There's a Rainbow on My Plate

© Brandon  
and Bronwyn  
Blueberry



**Eat Your Colors Every Day  
To Stay Healthy & Fit**

\*Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.



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and Sarah  
Strawberry

**Dear Educator:**

Our class is working on a fun and exciting health unit called **“There’s a Rainbow on My Plate.”** The activities in this unit are teaching us important lessons about fruits and vegetables, and the role they play in maintaining good health.

Congratulations! You are one of 12,000 teachers in the United States who were chosen to receive this free health education kit, sponsored by the Produce for Better Health Foundation, Dole Food Company, and the Crayola® brand. **“There’s a Rainbow on My Plate”** is packed with fun, educational activities that motivate young students to eat more fruits and vegetables.

**Poor fruit and vegetable intake is a problem for many kids in the U.S.A.**

- ◆ Fewer than 15 percent of elementary students eat the recommended 5 or more servings of fruits and vegetables every day.
- ◆ Average fruit and vegetable intake among 6-11 year olds is only 3.5 servings a day.
- ◆ Over half of all elementary students eat no fruit on any given day.
- ◆ Three out of 10 elementary students eat less than one serving of vegetables a day.
- ◆ One quarter of all vegetables eaten by elementary students are French fries.

The activities in this kit are designed to introduce kids to the concept of eating **a rainbow of fruits and vegetables each day**. Activities for your students include grouping fruits and vegetables by color; identifying various forms of fruits and vegetables (fresh, frozen, dried, juiced, or canned); creating menus with a rainbow of fruits and vegetables; and tracking their fruit and vegetable intake for one week to see if they reach the goal of eating 5 A Day the Color Way.

We encourage you to send the Silly Story Cards, additional activity sheets, and “Dear Parent” letter home with students to help their families learn more about eating 5 A Day the Color Way.

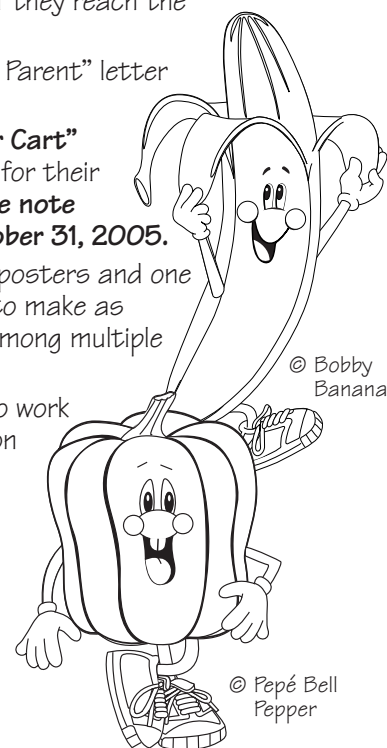
In addition, be sure to encourage your students to enter the **“Draw a Rainbow in Your Cart” Coloring Sweepstakes**. Five students will each win a year’s supply of fruits and vegetables for their families. Please see the Official Sweepstakes Rules for more complete contest rules. **Please note that entries must be postmarked no later than October 24, 2005 and received by October 31, 2005.**

Finally, we encourage you to share this kit with your colleagues. We have included four posters and one set of activity sheets. Although the activity sheets are copyrighted, you have permission to make as many copies as needed for educational purposes. The crayons are designed to be shared among multiple classrooms.

We hope you and your students enjoy these activities, and we hope you will continue to work with your students to help them develop healthful eating habits. If you have any feedback on this program, please send an e-mail to [Dole5ADayProgram@NA.Dole.com](mailto:Dole5ADayProgram@NA.Dole.com).

Sincerely,

Amy G. Myrdal, MS, RD  
Director of Nutrition Information  
Dole Food Company, Inc.



© Bobby  
Banana

© Peppé Bell  
Pepper

## Introduction

Eating a low-fat diet that includes five to nine daily servings of fruits and vegetables is key to developing a healthy lifestyle. Colorful fruits and vegetables provide a wide range of the vitamins, minerals, fiber, and phytochemicals our bodies use to stay healthy and energetic. They also help us maintain a healthy weight, protect us against the effects of aging, and reduce the risk of cancer, heart disease, high blood pressure, and other chronic diseases.

## Target Audience

**There's a Rainbow on My Plate** is designed for use with students in grades K-6 as a supplement to the health curriculum.

## Program Objectives

- ▲ To introduce students to the concept of grouping fruits and vegetables by color.
- ▲ To help students understand that grouping fruits and vegetables by color is an easy way to remember to eat a variety of fruits and vegetables each day, and get the variety of nutrients they need to stay healthy.
- ▲ To encourage students to eat a variety of fruits and vegetables within each of the five color groups because individual fruits and vegetables contain different nutrients and phytochemicals.
- ▲ To help students realize that fruits and vegetables come in different forms – fresh, canned, frozen, dried, and juice.
- ▲ To reinforce the importance of eating the recommended number of servings of fruits and vegetables every day – 5 for children ages 2-6; 7 for older children and women; 9 for teenage boys and men.
- ▲ To encourage students to monitor their eating habits to be sure they are eating enough colorful fruits and vegetables every day.
- ▲ To motivate students to find new ways to add a rainbow of fruits and vegetables to their diet every day.
- ▲ To encourage families to work together to make sure they eat the right number of servings of a variety of colorful fruits and vegetables every day.

## Program Components

1. This teacher's guide, with suggestions for implementing the program, answer keys, and follow-up activity ideas.
2. Four reproducible classroom activity sheets, with activities for grades K-3 on one side and corresponding activities for grades 4-6 on the reverse.
3. Three reproducible dual-sided coloring sheets that reinforce the program's lessons with additional activities, a fun recipe, and a family shopping list.

4. A reproducible entry form for the "Draw A Rainbow on Your Plate" coloring contest, with official rules on the back.
5. A reproducible pledge certificate.
6. A colorful wall poster to be used in the classroom as an integral part of the program. Four posters are included for sharing with other teachers.
7. Take home flyers that inform parents about the **There's a Rainbow on My Plate** program and provide tips on making family meals more colorful. There are 120 flyers for sharing with other classes.
8. A Classpack® of 120 Crayola® crayons – 24 crayons for each of the five color groups. Pass the class pack on when you share the program with another teacher.

## Using the Program

### Activity Sheets

Select the activity sheets appropriate for your grade level. Make enough copies to provide a complete set for each student. The activities build upon one another and are most effective when used in the order presented. Since each class is unique, however, you may wish to change the sequence to better meet the needs of your class.

### Wall Poster

Display the classroom poster prominently to reinforce the program's lessons and to remind students to eat a variety of colorful fruits and vegetables every day. Please share the additional posters included in this program with your colleagues.

### Take Home Flyer

Have each student take home a copy of this parent note at the start of the program to encourage family involvement. Throughout the program, remind students to share what they learn with parents and to talk about ways to add color to their meals and snacks.

### Coloring Contest

Provide each student with a copy of the "Draw A Rainbow on Your Plate" coloring contest entry form and rules. Explain the contest, referring to the rules on the back of the entry form, and have students complete their entries at home or in class. Mail your students' entries in a single envelope to "Rainbow Coloring Contest," PO Box 5500, Thousand Oaks, CA 91359. **Entries must be postmarked no later than October 24, 2005 and received by October 31, 2005.**

### Pledge Certificate

Conclude the program by awarding each student a personalized copy of the pledge certificate in a classroom "graduation" ceremony. Have students repeat the pledge and sign in the space provided, then, as they color their certificates, add your signature to each one. Remind students to have a parent sign as well when they take their certificates home.

## Activity One Put a Rainbow on Your Plate

### Objectives

- ▲ To teach students that fruits and vegetables can be grouped by color.
- ▲ To educate students on the need to eat fruits and vegetables from all the five color groups to stay healthy.

### Primary Grades (K-3)

Introduce the activity by helping students associate fruits and vegetables with color. Write the following color words on the chalkboard: blue/purple, green, white, yellow/orange, and red. Then name some different kinds of fruits and vegetables and have students put them in the right color group.

Talk about fruits and vegetables that come in different colors, such as peppers (red, green, yellow, purple) and grapes (green, red, purple). Also talk about classifying fruits and vegetables by the part we eat – for example, bananas are part of the white group because we eat the white fruit, not the yellow skin. Green apples are part of the green group because we eat the green skin.

### Answer Key

**Blue/Purple** – Blueberries, Eggplant; **Green** – Cucumber, Peas; **White** – Banana, Brown Pear; **Yellow/Orange** – Lemon, Carrot; **Red** – Tomato, Radishes.

### Intermediate Grades (4-6)

Challenge students to think about the fruits and vegetables they ate yesterday. How many did they have? What were they? What colors were they? Ask how many servings students think they should have each day? Why?

Direct students to complete Part 1 of the activity, stressing that it is not a quiz, but merely a check for them to see what they already know about fruits and vegetables. Then use the statements to initiate a class discussion.

### Answer Key

#### Part 1:

1. The USDA Food Guide Pyramid recommends you eat five to nine servings of fruits and vegetables daily.  
**Agree.** Specifically, the USDA recommends 5 servings (2 fruits, 3 vegetables) for children age 2-6 and most women; 7 servings (3 fruits, 4 vegetables) for older children, teenage girls, active women and most men; and 9 servings (4 fruits, 5 vegetables) for teenage boys and active men.

- Fruits and vegetables contain vitamins and minerals.

**Agree.** Fruits and vegetables provide many of the vitamins and minerals our bodies need to stay healthy. Vitamin A, for example, helps keep our eyes healthy. It can be found in carrots, cantaloupe, sweet potatoes, tomatoes, spinach, and collards.

- Phytochemicals (fight-o-chemicals) help keep people healthy and give plants their color.

**Agree.** Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That's why it's essential to sample the five color groups every day to get the full preventive benefits of fruits and vegetables.

- Fruits and vegetables can be grouped by color.

**Agree.** Fruits and vegetables can be classified into five color groups – Blue/Purple, Green, White, Yellow/Orange, and Red.

- Bananas belong to the yellow/orange color group.

**Disagree.** Only the skin of the banana is yellow. The part you eat is white and that is what counts.

- Grouping fruits and vegetables by color is an easy way to remember to eat a variety of them every day.

**Agree.** Since the different color groupings give us different nutrients and other things our bodies need, you should eat from each group every day. You should try to eat different fruits and vegetables within each group, too.

- Eating fruits and vegetables from each of the five color groups and exercising will help you stay healthy and fit.

**Agree.** It's not enough to just eat your colors every day. Exercise is an important part of a healthy lifestyle. It helps make your muscles strong, helps you maintain a healthy weight, keeps your body fit, and makes you feel good.

- The best way to get the vitamins, minerals, and other essential nutrients our bodies need is by taking vitamins and other supplements.

**Disagree.** The best way to get the nutrients your body needs is through the food you eat. Vitamins, minerals, and phytochemicals work together naturally in a way supplements can't. Remember to eat a balanced diet that includes five to nine servings of a variety of fruits and vegetables every day.

- It's easy to add color to your diet every day.

**Agree.** Simply add colorful fruits and vegetables to every meal or snack. Try adding sliced bananas or berries to your cereal, put some baby spinach on your sandwich, and grab a handful of baby carrots for a snack.

- I eat enough colorful fruits and vegetables every day.

**Answers will vary,** but stress that Agree is the best answer. Everyone should eat at least five servings a day. For their age, students in grades 4–6 should really be eating seven servings a day.

### Part 2:

**Peppers** – red, green, yellow, blue/purple; **pineapple** – yellow/orange; **broccoli** – green; **grapes** – green, red, blue/purple; **grapefruit** – yellow/orange, red; **kiwifruit** – yellow/orange, green; **apples** – red, green, yellow/orange; **endive** – green; **okra** – green; **mushrooms** – white.

### Follow-Up Activities

● **Coloring Activities:** Use the coloring sheets “Bobby Banana’s Color Mix-Up” and “Kenny Canned Pineapple Colors by Numbers” to reinforce the idea of grouping fruits and vegetables by color.

● **Snack by Color Week:** Have students bring in a fruit or vegetable snack from a different color group each day of the week – something from the blue/purple group on Monday, from the green group on Tuesday, etc.

## Activity Two Rainbow Shopping

### Objectives

- ▲ To teach students that fruits and vegetables come in different forms.
- ▲ To acquaint students with different sections of the supermarket.

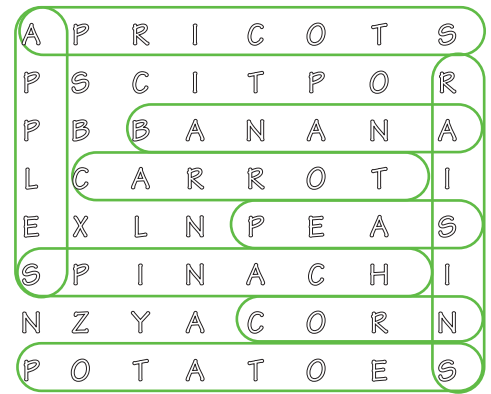
### Primary Grades (K-3)

Introduce the activity by informing students that they are going to take a food shopping trip on their worksheets today. In Part 1, they are to find foods in a word-find puzzle. In Part 2, they are to find different forms of fruits and vegetables.

#### Answer Key

#### Part 1:

Begin the word-find as a class. Remind students that some fruits and vegetables such as apples can come in different colors. They are to choose one of the colors to color in those words. Items from the white group do not need to be colored.



**apples** – can be red, green, or yellow; **apricots** – orange; **banana** – white; **carrot** – orange; **peas** – green; **spinach** – green; **potatoes** – can be white, red, yellow, or purple; **raisins** – purple; **corn** – can be yellow or white.

### Part 2:

**Fresh** – all fruits and vegetables; **Juice** – pineapple, grapes; **Frozen** – pineapple, peas, corn, potatoes; **Canned** – all fruits and vegetables; **Dried** – pineapple, peas, plums.

### Intermediate Grades (4-6)

Begin the lesson by writing the following two column headings on the chalkboard – **tuifrs** and **gelesvetab**. Inform students that they are to find these items as part of today's activity. Work with them to unscramble the words – fruits and vegetables – before they complete Part 1 of their worksheets.

As students complete Part 2, remind them to visualize food shopping trips and what they remember seeing in different areas of the supermarket.

#### Answer Key

#### Part 1:

- cherries, 2. canned tomatoes, 3. dried mango, 4. pineapple juice, 5. bananas, 6. spinach, 7. broccoli, 8. eggplant, 9. blueberries, 10. frozen peas.

#### Part 2:

**Produce** – all listed; **Dairy** – oranges; **Frozen Foods** – peas, green beans, potatoes, blueberries, carrots, oranges; **Packaged/Canned Goods** – all.

### Follow-Up Activities

● **Coloring Activities:** Use the coloring sheets “Terry Tomato’s Truly Tasty Tongue Twisters” and “A Rainbow of Colors Shopping List” to broaden awareness of the variety of fruits and vegetables and the different forms in which they are available at the supermarket.

● **Spell Across:** Play a crossword game by writing “watermelon” horizontally on the chalkboard. Have students take turns writing vertically the names of fruits and vegetables that share a letter with “watermelon.”

## Activity Three Colorful Eating

### Objectives

- ▲ To clarify the definition of a serving.
- ▲ To encourage students to create new ways to add color to their diets.

### Primary Grades (K-3)

Introduce the activity by talking about the USDA Food Guide Pyramid and reminding students that they should eat at least five servings of fruits and vegetables every day. Ask if anyone knows what a serving is, then read and discuss the serving definitions on the activity sheet. Encourage students to be creative in their menus.

### Intermediate Grades (4-6)

Create an interest in serving sizes by asking students to hold up their fingers to show how many servings of fruits and vegetables they have had so far today. Then, after reviewing the serving definitions on the activity sheet, ask if they have changed their minds.

### Follow-Up Activities

- **Coloring Activities:** Use the coloring sheets "What's in Lucy Lettuce's Salad?" and "Rainbows on a Stick" to help students generate additional ideas for adding color to their diets.
- **Serving Show and Tell:** Use visuals to help students gain a better understanding of serving sizes. Bring in a medium-sized fruit, a six ounce plastic glass, a plastic measuring cup, and a mini-box of raisins. Talk about the different sizes and measures.

## Activity Four Is There a Rainbow on Your Plate?

### Objectives

- ▲ To help students check whether they are eating a variety of colors every day.
- ▲ To encourage students to add color to their diets every day.

Review with students the importance of eating the recommended servings of colorful fruits and vegetables every day. Encourage them to keep track of their daily intake during the next week by completing the chart on the activity sheet at home and by working with their parents to increase their daily servings of fruits and vegetables.

### Follow-Up Activities

- **Health Graph:** Reinforce math skills by having students bring their charts back to class and graphing the class intake of colorful fruits and vegetables.

- **"Gotta Try It..." Ads:** In small groups, have students use the 5 A Day color system to create ads that encourage other kids and their families to eat at least five fruits and vegetables every day. Younger students can design magazine ads, while older students might develop skits for TV, including creative jingles and handcrafted props.

## Coloring Contest Draw A Rainbow on Your Plate

Provide each student with a copy of the "Draw A Rainbow on Your Plate" coloring contest entry form and rules. Explain that, to enter the contest, students must color a picture using crayons, markers, or colored pencils that shows fruits and vegetables they like to eat. They must use at least five different colors and show at least five different fruits or vegetables in the picture.

Collect your students' entries, checking that they and their parents have provided all information requested on the entry form. Mail the entries in a single envelope to "Rainbow Coloring Contest," PO Box 5500, Thousand Oaks, CA 91359. **Entries must be postmarked no later than October 24, 2005 and received by October 31, 2005.**

All contest entries will be judged in three age groups – ages 4-12 – with one grand prize winner and one runner-up selected from each group. Five randomly selected Grand Prize Winners will be awarded the equivalent of a year's supply of fruits and vegetables in the form of a \$950 gift certificate from a participating retailer. Five randomly selected First Prize Winners will be awarded a Crayola® Gift Pack. See official contest rules for details. No purchase necessary. Must be between 4-12 to enter.

### Extended Activities

- **Shopping the Color Way:** On index cards, have students design personalized shopping guides with a column for each of the 5 A Day colors. Students list and draw their favorite fruits and vegetables for each color, and make a column for fruits and vegetables they want to try but haven't yet tasted. At the grocery store, they can add more fruits and vegetables to their lists as they explore the fresh produce section and the canned and frozen aisles. Every month, ask students to bring their guides back to school to see what new fruits and vegetables they have tasted, then have them compile charts that show the results of Shopping the Color Way.
- **Seeds, Seeds, Seeds:** Have students collect, wash, and dry a variety of seeds at home and/or in class, storing them in plastic snack bags. Students can sort their seeds into categories such as: size; whether they are vegetable or fruit seeds; and what color

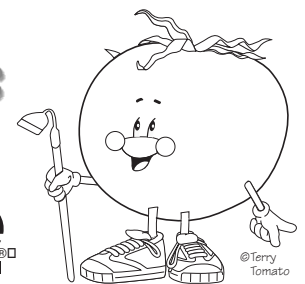
group the fruit or vegetable belonged to before it was eaten. To add kid-appeal, have students create a mystery-matching game by drawing colorful pictures of each fruit or vegetable. They then challenge each other to identify which fruit or vegetable matches each type of seed.

- **5 A Day Play:** Have students use their imaginations and 5 A Day knowledge to perform a play with the 5 A Day Live! Musical Performance Kit, available free of charge in the Teachers section at [www.dole5aday.com](http://www.dole5aday.com). The kit includes costume ideas, sheet music, scenery directions, and a script. You can also order a free accompanying cassette tape through the Online Ordering System in the Teachers section.

- **Fruit & Veggie Patch Collage:** First, have students make colorful, textured collage paper using the peeled skin from fruits and vegetables, the 5 A Day color crayons, and plain paper. Lay the paper on a peeling and rub the crayon gently to create a textured pattern. Cantaloupe and pineapple skins produce outstanding textures. Students can tear or cut their textured papers into fruit and vegetable shapes, or make small pieces to create a mosaic. Arrange and glue onto paper, then overlap the students' fruit and vegetable designs into a colorful collage, and display in your school hallways or cafeteria.

- **5 A Day Soup:** Read *Stone Soup* (by Marcia Brown or Jon J. Muth) aloud to your class, then create a class recipe booklet by having students ask their families to help them collect soup recipes that involve multiple fruits or vegetables. Have students write and illustrate the recipes, drawing pictures of each ingredient in the quantities required. Send photocopies of your booklet home for families to try, and, if possible, use a slow-cooking electric pot to prepare one recipe in class, having students bring in the ingredients.

- **Go Fruit!** Play a variation on "Go Fish" by having each student create a set of four matching cards that features one of the 5 A Day fruits and vegetables. Students can use the Dole 5 A Day Friends coloring pages available at [www.dole5aday.com](http://www.dole5aday.com) and glue their pictures to thin cardboard. Photocopy your finished deck onto card stock so every student can play with family and friends at home.



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