

Put a Rainbow on Your Plate



Part 1

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



- 1** The USDA Food Guide Pyramid recommends you eat five to nine servings of fruits and vegetables daily.
- 2** Fruits and vegetables contain vitamins and minerals.
- 3** Phytochemicals (*fight-o-chemicals*) help keep people healthy and give plants their color.
- 4** Fruits and vegetables can be grouped by color.
- 5** Bananas belong to the yellow/orange color group.
- 6** Grouping fruits and vegetables by color is an easy way to remember to eat a variety of them every day.
- 7** Eating fruits and vegetables from each of the five color groups and exercising will help you stay healthy and fit.

Agree	Disagree
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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- 8** The best way to get the vitamins, minerals, and other essential nutrients our bodies need is by taking vitamins and other supplements.
- 9** It's easy to add color to your diet every day.
- 10** I eat enough colorful fruits and vegetables every day.

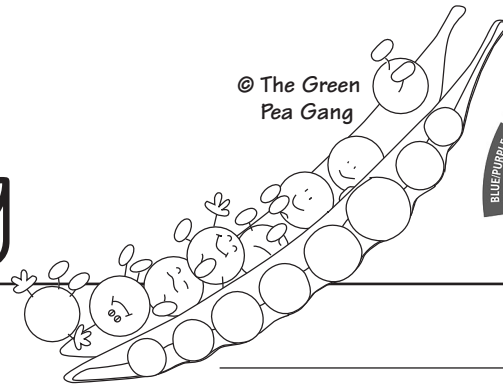
Part 2

Fruits 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?



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Rainbow Shopping

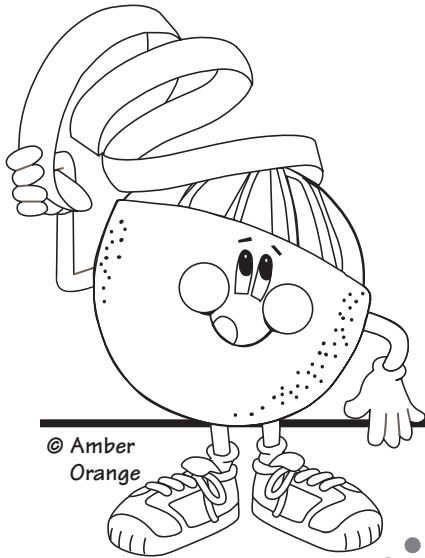


Eat Your Colors Every Day
To Stay Healthy & Fit

Part 1

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

- 1 r i e s e r c h _____
- 2 n e d c a n e s t o t o m a _____
- 3 d e i r d g o m a n _____
- 4 p l e p i n e a p i c e j u _____
- 5 n a n a b a s _____
- 6 a c h s p i n _____
- 7 c o l i b r o c _____
- 8 p l e g a n t e g _____
- 9 b e r b l r i e u s e _____
- 10 z e n f r o s a e p _____



© Amber Orange

Think about the fruits and vegetables below. Depending upon their form, where might you find them in the supermarket?

Part 2

Wow! You have a list of things to get at the supermarket for mom. But where do you look? You can find fruits 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.

	Produce	Dairy	Frozen Foods	Packaged/Canned Goods
Grapes				
Cauliflower				
Green beans				
Mushrooms				
Tomatoes				
Potatoes				
Peaches				
Blueberries				
Carrots				
Oranges				



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Colorful Eating



Part 1

You should eat at least five servings of fruits and vegetables every day.

A serving can be:

- a piece of fresh fruit like a banana or orange
- 1/2 cup cooked vegetables or raw vegetables
- a 6 oz. glass (3/4 cup) of 100% fruit or vegetable juice
- 1/2 cup canned or frozen fruits (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- 1/4 cup dried fruit like a mini-box of raisins
- 1/2 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 fruits and vegetables from the five color groups.

Work with the group your teacher assigns you to 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. How many servings of fruits and vegetables did you include? How many color groups did you use? How many different fruits 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.



RAINBOW of Color Menu



Breakfast

_____ Rating: _____

Lunch

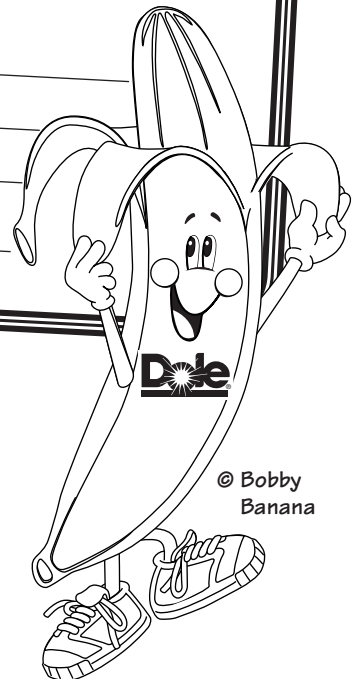
_____ Rating: _____

Snack

_____ Rating: _____

Dinner

_____ Rating: _____



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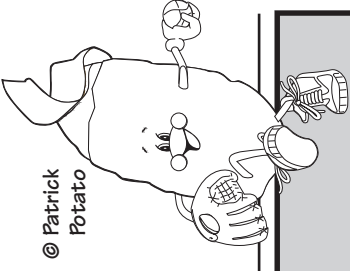
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Is There a Rainbow on Your Plate?



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Eat Your Colors Every Day To Stay Healthy & Fit

Part 1

How many servings of fruits and vegetables do you eat every day? Are you eating ones from all five color groups? Are you eating different ones from within each group? 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. One is done for you.

Part 2 Check your chart after a week to make sure you are eating a rainbow of color and a variety within each color group. If you are, congratulations! If not, work on adding a rainbow of color to your diet every day.

Servings of Fruits and Vegetables I Eat							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Orange-Yellow/Orange							

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



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