



5- A Rainbow of Color

GOALS:•

By the end of the lesson, students will be able to:

- * Explain why eating a variety of fruits and vegetables is good for them
- * Learn how to make a seasonal fall salad and taste new produce

PREP:

- Read email from the program coordinator with instructions regarding location of supplies
- Think about how to organize class to assemble the salad. Everyone should participate
- Clean desks and tables with cleansing wipes

PROPS:

- Rainbow of Color poster
- Salad ingredients, bowl for salad, plastic gloves
- Cleansing wipes
- Plastic knives, paper towel, cutting boards, serving utensils, bowls/forks for students
- Measuring cups
- Hand sanitizer, dishwashing soap

BACKGROUND INFORMATION:

- Check out Fruits & Veggies– More Matters at <http://www.fruitsandveggiesmorematters.org>
- For additional resources, refer to the Harvest of the Month website: <http://www.harvestofthemonth.com>
- Your bag should contain: carrots (orange), golden raisins (yellow), red pepper (red), spinach (green), apples (white), sunflower seeds (healthy fat) dried blueberries (purple/blue), lemon halves, salad dressing.
- Spend about 10 minutes on prep and salad making. While students are eating salad, review #5-12.

WHAT TO DO:

- 1. ACTION (2 minutes):** Hang rainbow poster. Instruct students to wash their hands or use hand sanitizer. Ask students if they have any food allergies and make arrangements to avoid serving 'problem' foods to those with allergies. While washing their hands, discuss these fruit/veggie facts:
 - Are tomatoes fruits or vegetables? (Fruit, any edible plant part that contains seeds is considered a fruit).
 - How many seeds are on the outside of a strawberry? (200, it is the only fruit with seeds on the outside of a plant! Eat 8 strawberries for 1 serving of fruit).
- 2. SAY & ACTION (10 minutes):** Today we are going to make a seasonal fall salad with many of the colors of the rainbow (refer to rainbow poster and briefly discuss the importance of colorful produce selections. Ask students for examples of produce they eat from different colors). Often, when we chop and prepare food, we hunch our back, leading to poor posture and a sore back. Let's stand and stretch before we begin. Stretch arms over head and interlock hands, lean to the right, left and back, then begin. Gather students around a central area (table or group of desks).
 - Divide ingredients in the grocery bag by color and give to groups of students to add to the salad. The goal is to involve all students. For example: 1 adds spinach, 4 chop carrots, 1 adds raisins, 4 chop apples, 1 adds blueberries, 4 chop pepper, 1 adds sunflower seeds, 2 pass out bowls to students, 2 pass out forks, 1 adds lemon to dressing and others help clean up.
 - Have students who are handling the produce wear plastic gloves.
 - All fruits and vegetables that are whole should be diced into small (1cm x 1cm) pieces.
 - Guide the groups that are dicing and ensure healthy practices.
 - **ALL PRODUCE HAS BEEN PREWASHED.**
- 3. ACTION (1 minute):** Before assembling the salad, use the measuring cups to scoop the produce and show how many cups of fruit and vegetables are needed per day (2.5 cups of vegetables and 1.5 cups of fruit) according to MyPlate. Today we are using dried fruits and the recommended serving size is half that of fresh fruit. For example 1 cup of fresh blueberries = 1/2 cup dried blueberries.



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4. **ACTION (5 minutes):** *Have students add their ingredients to the empty bowl. When all items are added, squeeze lemon juice into the salad dressing, add and toss. Serve the salad into students' bowl. Point out the different colors of the rainbow in the salad (refer to poster as needed). Encourage students to eat while you continue the activity.*
5. **SAY (steps 5-8 should be discussed while students are eating salad):** Remember when we learned about MyPlate? Does anyone remember the information about choosing fruits and vegetables? Experts agree that eating a wide variety of colorful fruit and vegetables is important for good health and may reduce the risk of heart disease and some cancers! Wow, that is good news! Each color includes its unique combination of vitamins, minerals, and phytochemicals. Phytochemicals are found in plants and help protect your body from disease. There are over 900 phytochemicals! The only way to get your phytochemicals is by eating fruits, grains, and veggies. One piece of fruit may have over 100 phytochemicals! Eating the freshest fruits and veggies, like right from the garden, means you get more vitamins, minerals and phytochemicals! In order to get all 900, you need to vary those veggies and focus on fruits.
6. **SAY:** Vitamin C is important for healthy gums and tissues. It also helps you heal when you get cut. A nasty cut will heal faster with good nutrition. Vitamin A is important for healthy eyes and skin. Skin health is very important during puberty. Foods high in fiber are usually low in calories, and fat while packed with vitamins, minerals and other important nutrients. They fill you up and help you perform better. Fiber may lower cholesterol, lower blood pressure and prevent obesity.
7. **ASK:** *Use these guiding questions to get the kids to talk about how to eat more fruits and vegetables:*
 - How many of you eat a fruit or vegetable at breakfast? Lunch? Dinner? If so what do you eat?
 - Does your family follow “rules” for eating fruits and vegetables?
 - What are some creative ways to add fruits and vegetables to your meals? (shred, smoothies, etc...)
 - Who sampled a new fruit or vegetable today?
 - Why is it important to eat a variety of fruits and vegetables? (Vitamin C, Vitamin A and phytochemicals)
 - Who has visited a Farmer’s Market or has a garden at home?
 - Why is it important to eat food that is “in season” or locally grown? (*fuel costs, produce is fresher, supports local farmers*)
 - *What other produce is in season now? (depends on the season but if fall—pumpkins, squash, brussel sprouts, potatoes, corn)*
8. **SAY(2-4 minutes):** Fresh and frozen produce are the best options for preserving nutrients. Frozen produce is usually picked at the peak of its ripeness and quickly frozen to preserve nutrients. Today we chose a seasonal fall salad because most of the items in your salad can be grown in Michigan. Raisins are made from dried grapes and Michigan does not grow many grapes.
9. **ACTION:** *Clean up. Scrape all leftovers in garbage or offer remaining salad to staff. If sink is available, rinse and dry items. Return items to your paper/plastic bag and place near the props at each school. Please do not leave any salad in the bowl. Please clean up as much as you can.*

If there is extra time:

10. **SAY:** Have you heard the word locavore? *Listen to answers.* A locavore (from the term local) chooses to eat as many items as possible from local sources. What are the advantages of this? (supports local economy and farms, fresh picked and fresh tasting, less energy consumed with transportation costs) What are the disadvantages? (may limit food items available, variety and quality may not be well controlled). Did you know that the USA exports as many potatoes as it imports? Isn’t that crazy? Why don’t we just eat what we grow? Think about all of the people who benefit from the import and export trade. If you are more interested in this topic, read Barbara Kingsolver’s book, *Animal, Vegetable, Miracle* or rent the video *Food Inc.*