



EAT A RAINBOW OF COLORS




Colors of fruits and vegetables are like the colors of the rainbow. As children become more familiar with fruits and vegetables they may be more willing to try them. Children learn about the rainbow of colors in fruits and vegetables.

CODE:  Low Activity Level

PROPS:  Color of Foods Picture Cards:
8 cards coded with a black *Color Me Healthy* logo

 *Color Me Healthy* CD or cassette tape
Lyrics for *Taste the Colors* on page 40

ACTION:

1. Explain today's activity to the children. "We are going to talk about the colors of foods."
-  2. Choose a color picture card; show the side of the picture card with the color (example: red).
3. Ask the children, "How many of you have eaten a red food? Who can name some red foods?"
4. Turn the card over.
5. Ask the children, "How many of you have eaten an apple? tomato? raspberry? etc."
6. Ask the children, "Can we think of any other red foods?"
7. Repeat the activity with the other color picture cards.
-  8. Play the *Taste the Colors* song from the *Color Me Healthy* CD or cassette tape.
9. Discuss what the song is saying with the children. Ask the children "What colors were named in the song?" "How many of the foods in the song have you tried before?" (You may use the color picture cards to show which colors and foods were mentioned in the song).
-  10. Play the song again and have the children move to the beat.

