Classroom Enrichment Activity

Unit 2: Vegetables and Fruit

Lesson B: Colors and Benefits

Unit Description:

Children will learn how fruits and vegetables help their bodies grow healthy and strong.

Lesson Description:

Students will discuss the health benefits different colors of fruits and vegetables provide.

Key Points:

- Fruits and vegetables come in many colors, like a rainbow.
- Each color group helps different parts of our body grow healthy and strong.
    - Red fruits and vegetables= healthy heart
    - Orange= eyes
    - Yellow= skin
    - Blue/Purple= brain
    - Green= strong bones/teeth
- People should eat a rainbow of colors to be healthy

Materials/Supplies:

- Fruits and vegetables cut out sheet
- 2 sets of body part cut outs
- 2 sets of laminated colored sheets of paper with corresponding body part (see list above)
- Tape

Prep:

- Print and cut out 2 sets of body parts
- Tape body parts to corresponding colored paper (red=heart, orange=eye, yellow=skin, blue/purple=brain, green =bone)
- Place body parts in two rows on the floor. Each row should be in the same order as the other. Each row should have one of each body part.
- Sort fruit and vegetable pictures evenly in two piles at the end of the rows.

Lesson Outline/Instruction:

1. Tell the children fruits and vegetables come in many colors, just like the rainbow they created in the week prior.

2. Remind students that each color helps their bodies grow strong and healthy in a different way. Tell them the color and benefit and then ask for examples of that color.

   For example:

   Red fruits and vegetables help build a healthy heart. Who can name a red fruit or vegetable?
   Orange= eye health
   Green= build strong bones and teeth
   Yellow= skin health
   Blue/purple fruits= brain/memory

3. Let students know that the different colors work together to keep their body healthy, just like they work together to make a rainbow.

4. To practice what they learned, divide students into two relay teams.

5. Explain to students that at the start of the line, they each have the same pile of fruit and vegetable images.

6. Laid out in front of them are different colored pieces of paper with a body part (heart, brain, eye, skin, and bones/teeth).

7. The first student in line will pick up a fruit or vegetable image and walk quickly/run to piece of paper that matches the color of their image.

8. After they drop the fruit/vegetable on the paper, they will walk/run back and tag the next student.

9. The activity will continue until one team matches all their produce correctly.

10. Conclude the activity by reminding students that eating fruits and vegetables give their body and brain the healthy energy to run, play, and think- just like they did in the game.





































































































