



Eat A Rainbow of Foods!

Grade Level K-1



Connection to The Big Race, Pickles and Skippy the Super Roo Film:

Let's teach Rex about eating a healthy rainbow of foods so he can be better prepared for his next race!

Student Learning Objectives:

The students will be able to name and identify a colorful mixture of foods that represent colors in the rainbow.

Approximate Time to Complete:

20-25 minutes

Content Areas Addressed:

- **Science**
- **Literacy (Reading, Writing, & Communicating)**

Materials:

- Chart paper
- Crayons
- Variety of plastic play foods - fruits and vegetables (healthy)
- If the above materials are not available to you, please use the pictures of food provided below.

Applicable Colorado State Standards:

Kindergarten Standards:

Reading, Writing and Communicating Standard 1: Communication relies on effective verbal and nonverbal skills.

Reading, Writing and Communicating Standard 4: Identify purpose, information and question an issue.

Science Standard 1: Objects can be sorted by physical properties, which can be observed and measured.

1st Grade Standards:

Reading, Writing and Communicating Standard 1: Verbal and nonverbal language is used to express and receive information.

Reading, Writing and Communicating Standard 4: Purpose, information, and questions about an issue are essential steps in early research.

Science Standard 3: Earth's materials can be compared and classified based on their properties.

Procedure:

1. Have students sit in a circle in a large group area of the classroom.
2. Explain to the students that they are going to be helping Rex get ready for his next race. He needs help picking a healthy rainbow of foods so that he can sustain his energy and finish the race strong!
3. Place the chart paper on the ground in the middle of the students.
4. Title the chart "Rainbow Foods."
5. Write ROYGBIV down the left side of the chart paper, and then draw 7 rainbow curves next to the letters.
6. Explain that there are 7 colors in the rainbow and we remember them by using the acronym ROYGBIV.
7. Then write the color name next to each letter in ROYGBIV.
8. Split the students into 7 groups or teams. Each team will be a color. Have the color teams go to their seats to get crayons in their team color.
9. Red team, go get red crayons and come back to the circle...
10. Orange team
11. Yellow team
12. Green team
13. Blue Team
14. Indigo team
15. Violet team
16. Have each team crawl to the middle of the large group circle to color their color band with crayons in the rainbow on the rainbow foods chart.
17. Start with the red team, orange team, yellow team,
18. Put a variety of plastic play fruits and veggies (or cut outs from below) in the circle and have each team grab the foods that belong to their team color.
19. Have color teams share what they have as they put the foods on their team's color band on the Rainbow Foods chart.
20. Red team shares what they have and then put it on the Rainbow Foods chart, then orange team, yellow team, ...
21. Tell the students it is important to make a rainbow foods chart because it is important to eat a rainbow of foods each day!

Optional Next Steps & Resources:

Take a picture of the Rainbow Foods chart and print a copy for each student to keep in his/her desk/cubby as a reference for the next lesson, and/or as a reference to use in their lives!

For English Language Learners use this Spanish color song!

To the tune of "Frere Jacques"

Red is rojo

Green is verde

Blue azul

Negro black

Yellow amarillo

Purple is morado

Gray is gris

Brown cafe







