



GOALS:

5- A Rainbow of Color

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 fruit and vegetable salsa and taste new produce

PREP:

- Read email from the program coordinator with instructions regarding location of supplies
- Review attached documents for room set-up
- Canned items should be opened and drained (if no sink, drain in extra bowl)
- Think about how to divide the class into 6 groups. Everyone should participate
- Clean desks and tables with cleansing wipes
- Talk with teacher about Healthy Habit Challenge

PROPS:

- Rainbow of Color poster
- Salsa ingredients, blue corn chips, bowl for salsa and bowl for drainage, plastic gloves
- Cleansing wipes
- Plastic knives, paper towel, cutting boards, can opener, spoon for serving, bowls for students
- Measuring cups
- Hand sanitizer, dishwashing soap
- Salsa recipes for students

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: frozen or canned peaches or melon (orange), canned pineapple (yellow), red pepper or apple and tomatoes (red), green pepper or kiwi (green), green onions (white), limes (for juice), cherries (purple), cilantro or parsley (another green group) a pre-measured amount of olive oil and spice bag. You will add the spices and olive oil

WHAT TO DO:

1. **SAY & ACTION: (2 minutes)** How many icons did you earn for activity? *Listen to answers and respond.* This week we are going to talk about fruits and vegetables, so you will track the fruits and vegetables that you ate during lunch. *Amend this to mesh with what the teacher says is happening with the Healthy Habit Challenge.*
2. **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: (from the Green Pea Gang Trivia Handout)*
 - 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).
3. **SAY & ACTION (12 minutes):** Today we are going to make a fruit and vegetable salsa with all of the colors of the rainbow. 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 prep the salsa. Include as many students as possible in the preparation. You will have an orange, red, purple, yellow, white and 2 green groups (herbs and veggie or fruit).
 - 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,. Kiwis should be peeled but not the apples. Herbs should be chopped,, Limes are halved and saved to be squeezed over all the cut fruit in the salsa bowl.
 - The sharp knife is ONLY for adult.
 - Guide the groups and ensure healthy practices.
 - **ALL PRODUCE HAS BEEN PREWASHED.**



5 - A Rainbow of Color

CONTINUED

4. **ACTION (1 minute):** *Before assembling the salsa, 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 MyPyramid.*
 5. **ACTION (5 minutes):** *Have students add their ingredients to the empty bowl. When all colors are added, squeeze lime juice on salsa and add olive oil and spices. Mix salsa. Have students take a bowl and blue corn chips and spoon a serving of the salsa into their bowl. Point out the different colors of the rainbow in the salsa. Encourage students to eat while you continue the activity*
 6. **SAY (steps 5-9 should be discussed while prepping salsa):** Remember when we learned about MyPyramid? Does anyone remember the slogans for fruits and vegetables? (vary your vegetables and focus on fruits) Experts agree that eating a wide variety of colorful fruit and vegetables as part of a low fat diet 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.
 7. **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.
 8. **ASK:** How many of you eat a fruit or vegetable at breakfast? Lunch? Dinner? If so, what do you eat? Does your family have 'rules' about eating fruits and vegetables? If you don't include fruits and/or vegetables at every meal it is extremely difficult to get all 4 cups in each day!
 9. **ASK:** What are some ways to incorporate more fruit and veggies into your meals? *Let kids share ideas.* Shredding vegetables into your foods like spaghetti sauce or soup and making fruit smoothies are ideas to add more fruits and veggies.
 10. **ASK(1-2 minutes):** Who sampled a new fruit or veggie today? Who can tell me why it's important to eat fruits and veggies? Vitamin C is important for healthy gums and tissues. It also helps you heal when you get cut. Vitamin A is important for healthy eyes and skin. Phytochemicals protect your body from diseases. Fruits and veggies look appealing and have different textures. They're good for you and taste great! Remember to visit the Farmer's Market or grow your own to have the freshest fruits and veggies.
 11. **SAY(1-2 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. Many of the fruits (peaches and cherries) and vegetables that you sampled today in the salsa were grown locally and either canned or frozen for the winter season. What are some of the benefits of shopping at your local farmers market and buying local produce? (Saves on fuel costs—transportation, produce is fresher, supports local farmers.)
 12. **ACTION:** *Clean up. Scrape all leftovers in garbage or offer remaining salsa to staff. If sink is available, rinse and dry items. Return items to your paper/plastic bag and place near the suitcase at each school. Please do not leave any salsa in the bowl. Try to clean up as well as you can. A teacher should be able to guide you to the nearest sink.*
- If there is extra time:**
13. **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 new book, *Animal, Vegetable, Miracle*.