

Eat a Rainbow

Social Skills: Encourage each other through exercise and movement to develop healthy habits.

Moral Development: It is important to grow healthy and strong and take good care of our bodies by eating healthy foods (eat a rainbow). Learning to make healthy choices to stay healthy.

Art:

After discussing the colors of the rainbow and what foods are those colors:

1. Have children draw pictures of their favorite foods on a plate.
(See template on page 3).

These can be covered with contact paper or laminated for a fun snack placemat.



Music: Play Imagination Theatre's Eat a Rainbow CD and learn the dances from the show. The Watermelon Waltz, Banana Boogie, Tangerine Tango, Plum Polka, Blueberry Ballet, Spinach Salsa, and Rutabaga Rumba.
Have children dance and discuss the different movements.

Vocabulary:

Vitamins A, C, K	Heart	Ballet	Boogie
Lycopene	Rutabaga	Polka	Memory
Exercise	Waltz	Salsa	
Healthy			

Books:

1. *Eat a Rainbow: A Colorful Food Book* by Rena D. Grossman
2. *Good Enough to Eat* by Lizzie Rockwell
3. *All the Things You Can Do That Are Good for You* by Tish Rabe
4. *Eat the Alphabet* by Lois Ehlert
5. *The Vegetables We Eat* by Gail Gibbon

Science:

- Learn about Food Nutrition and types of foods: Protein, Vegetables, Fruits, Grains and Dairy.
- Look at the USDA My Plate Charts (Food Pyramid)
- Learn about where our foods come from (great mealtime discussion).



Social Play:

1. Dance of the Day: Each day, focus on a new dance from Eat a Rainbow: Waltz, Polka, Boogie, Salsa, Ballet, Tango, or Rumba.
2. Have children find a partner and dance.

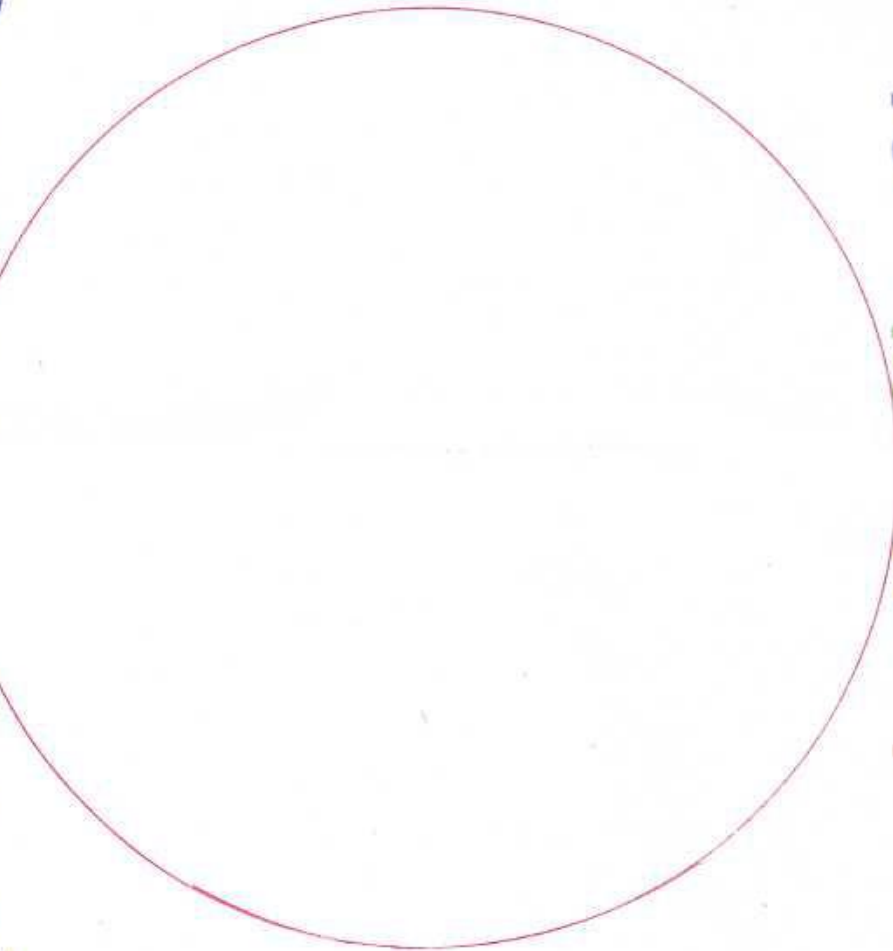
Classroom Group Project: Show appreciation

1. Make a Thank you card/poster for the School Cook or person who makes your meals. (See Template on page 4)



2. Group Game- Show pictures of different foods and have children identify if it is Healthy or Junk Food?

Eat A Rainbow



I will make **Healthy** Choices!

Thank You Poster/Card for Cook

Tomatoes

Oranges

Corn

Green Beans

Blue Berries

Thank You

Watermelon

Grapes

**For all the
Good and Healthy
Foods!**

Tangerines

Apples

Plums

Cherries

Bananas

Salsa

Carrots