

# Colors Matter

Preschool–Grade 1



## Materials:

fresh fruits and vegetables in a variety of colors  
paper lunch sack cut to look like a mini shopping bag,  
one for each student  
one shopping bag label per student  
student copies of the fruit and vegetable cards

glue  
scissors  
crayons



## Introducing the lesson:

Display the produce items. Engage students in identifying each item, naming its color, and describing its shape, size, texture, and smell. Ask students to talk about the fruits and vegetables they eat and their colors. Explain that eating different colors of fruits and vegetables helps them grow and stay well.



## Steps:

1. Ask students if they can eat a rainbow. After they respond, reassure them that they can! Tell students they are going to go “shopping” for a rainbow they can eat.
2. Have each student glue an “I Can Eat a Rainbow” label to the front of the shopping bag.
3. Give each student a page of fruit cards to color, cut out, and put in her shopping bag.
4. Repeat step three using the vegetable cards.
5. Have students take home their shopping bags and share what they have learned with their families.



## Extensions:

- Have students draw on the back of each fruit card a different fruit of the same color. Repeat with the vegetable cards.
- Have students help you wash the fresh fruits and vegetables, then cut the items that can be eaten raw into bite-size pieces for students to try.
- Share the books *The Very Hungry Caterpillar* and *Brown Bear, Brown Bear, What Do You See?* by Eric Carle with students. While reading *The Very Hungry Caterpillar*, talk about the different foods that fuel their bodies for school and play and which ones may be better than others. While reading *Brown Bear, Brown Bear*, discuss and encourage students to eat a rainbow every day and ask them to list their favorite fruits and veggies that correspond to each colorful animal (e.g. grapes and purple cat).
- Take the pledge to pack healthier lunches at [PowerYourLunchbox.com](http://PowerYourLunchbox.com)!

The most  
vibrantly  
colored fruits  
and  
vegetables  
have the most  
nutrition.

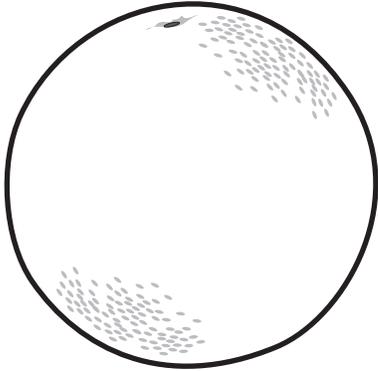
Eating an  
array of  
colors  
increases  
health  
benefits.



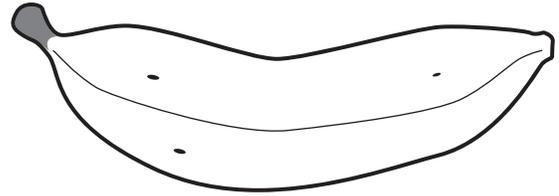
[PowerYourLunchbox.com](http://PowerYourLunchbox.com) #poweryourlunchbox

I  
Can Eat  
a  
Rainbow!

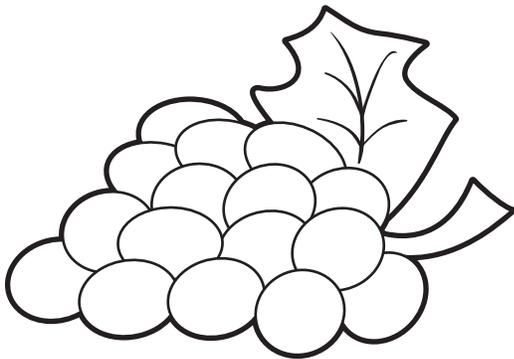
orange



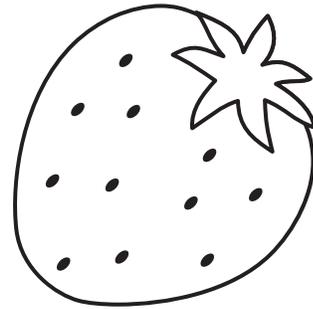
banana



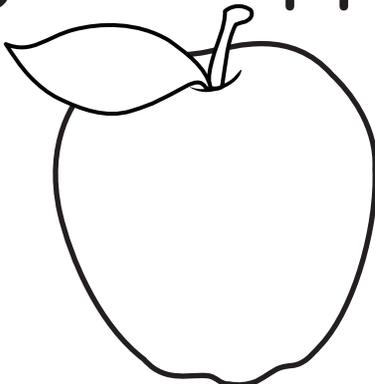
purple grapes



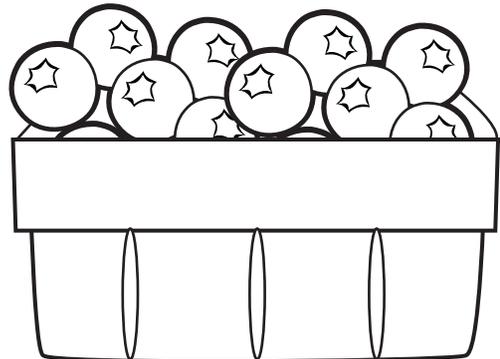
strawberry



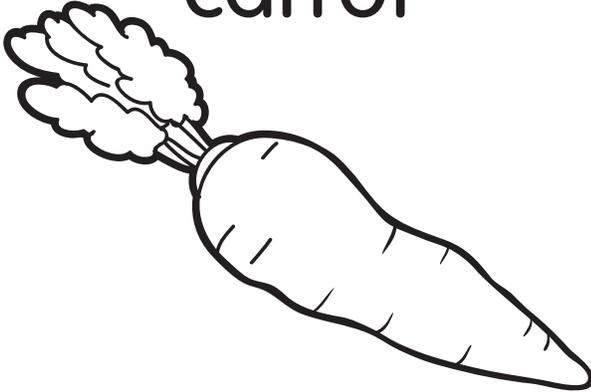
green apple



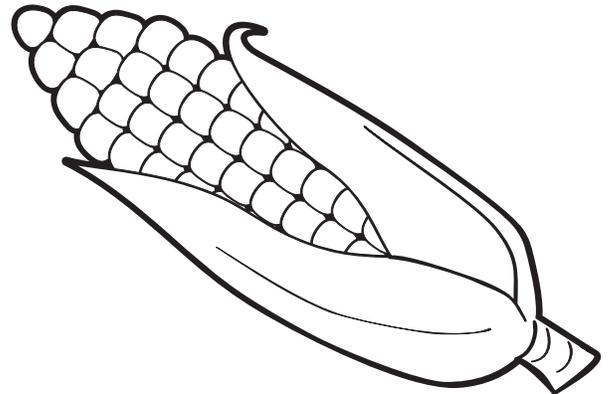
blueberries



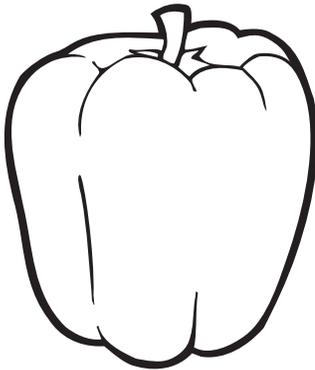
carrot



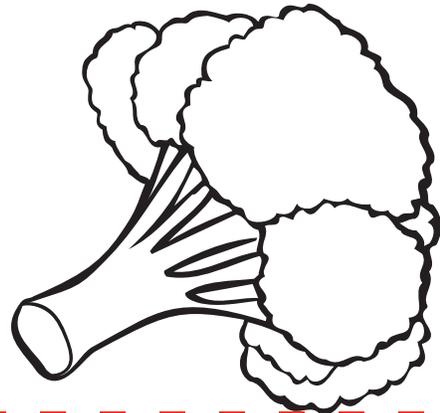
corn



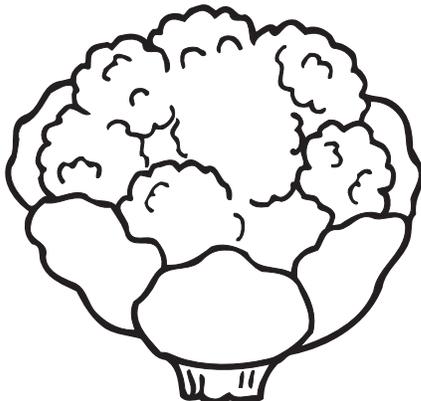
red pepper



broccoli



cauliflower



purple cabbage

