

# UConn Husky Reads - Preschool Lesson 9: Taste a Rainbow of Color

## **Theme:** Taste a Rainbow of Color *Remember to eat a variety of colorful fruits and vegetables every day!*

This lesson encourages children to try a variety of new fruits and vegetables. Children typically like fruits because they are sweet, but they might have difficulty tasting new vegetables because they may taste bitter to them. Children will identify different fruits and vegetables and the colors of those foods.

### **Learning Objectives:**

1. Children will identify the five food groups.
2. Children will identify a variety of colorful fruits and vegetables.

### **Introduction:** 5 minutes

- Greet the children, remind them you are there to read to them and teach them about healthy foods.
- Review last week's lesson: "MyPlate Recap" and the importance of eating different foods from all the food groups to stay healthy and strong.
- Display the MyPlate poster, and have the children identify each food group by name and color.
- Discuss the fruit and vegetable groups and ask the children to identify their favorites along with the colors of those foods.
- Explain that there are many different colors and that by eating different colored fruits and vegetables we get important vitamins and nutrients that keep our bodies growing healthy and strong.



### **Read Aloud:** 8 minutes *Choose one book from the Book List provided*

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide provided and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

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## **Activity:** 8 minutes *Fruit & Veggie Rainbow*

Explain to the children that fruits and vegetables come in many different shapes, sizes, and colors. Eating foods of different colors is good for our bodies! Present the display board with different color categories (red, orange, yellow, green, blue, and purple), just like the rainbow. Hand out a picture of a fruit or vegetable to each child. One by one have the children come up to the board, name the fruit or vegetable they have, and match it with the appropriate color. Have the children do “rainbow stretches” after all have had their turn. This is done by reaching our arms to the sky and going from one side to the other in a big rainbow shape. Have them do the same motion calling each color of the rainbow.

## **Tasting:** 5 minutes *Pepper Strips (various colors like green, red, yellow, orange)*

Please be sure to have the children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after your lesson. Serve each child a few pepper strips on a paper plate with a napkin. On the count of three, have children pick up a pepper strip and take a bite together. While having snack with the children, discuss where and how peppers grow, their different colors, and their taste. If a child does not like the pepper, tell them it is fine and that you are proud they tasted it.



## **Review:** 4 minutes

While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about that day. Thank the children for spending time with you and let them know you will be back next week with a new story, activity, and food to try! Distribute stickers to the children or teacher before leaving the classroom.

## **Materials needed:**

- Display board with fruit and vegetable cards
- MyPlate poster
- Multicolored pepper strips
- Stickers
- Paper plates and napkins
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

## Lesson 9 Book List and Book Guide

### *10 Hungry Rabbits* by Anita Lobel

**Age Range:** 2-5 yrs **Grade Level:** Preschool- Kindergarten **Length:** 24 pages

This story is great for many learning concepts like shapes, colors, and counting! The hungry rabbits also enjoy trying many different vegetables in this story!

#### **During the book:**

- Each time a different food is shown in the book, ask the children what food group it belongs to.
- Have the children identify the name and color of each food.
- Ask the children if they have ever visited or planted in a garden and have them name some foods that might grow in a garden.
- Counting each of the foods on each page can help reinforce the message of the book. Ask the children to help you count each vegetable before turning to the next page.

### *Color Crunch* by Charles Reasoner

**Age Range:** 2-4 yrs

**Grade Level:** Preschool

**Length:** 32 pages

This is a fun rhyming board book that showcases the many colors fruit and vegetables can be!

#### **During the reading:**

- Point out that the children in the story are ready to try different kinds of foods and emphasize the importance of giving all foods a try. Each page brings up a different food and shows examples of this food in a variety of forms. Make sure to identify how one food can be used in many different ways. For example, tomato can be tomato sauce, ketchup, and tomato slices in the salad.
- Have the children identify the variety of colors on each page.
- Explain to the children what a “sometimes” food is and point out the “sometimes” foods that are incorporated into the book. Pie, pudding, ice cream, milkshakes, and French fries.

### *Rainbow Stew* by Cathryn Falwell

**Age Range:** 5-6 yrs

**Grade Level:** Kindergarten - 3<sup>rd</sup>

**Length:** 32 pages

This story follows the adventure of three children who are visiting their grandfather's house. While they are there, they learn how to prepare a tasty and colorful vegetable soup which is prepared with vegetables right from grandpa's garden in the backyard.

#### **During the reading:**

- The children in the story are looking for vegetables in the garden. Ask the children if they have ever picked fruits or vegetables from a garden.

