

# Edible Colors Pre-K



## Overview:

The class will read “Edible Colors” together to activate their prior knowledge about the different colors of food that they eat. Students will then participate in a sorting game where they will sort models or photos of fruits and vegetables by their color. Teachers have the option of utilizing color poems for this activity. Students will learn that the different colors help different parts of their body and they will color in those colors on an outline of a human body. Optional extensions are provided in which students can go on a color scavenger hunt in the garden, make a salad using fruits and vegetables of every color, or draw a shopping bag of fruits and vegetables of every color that they like to eat.

Time: 30 minutes + optional extensions

## Georgia Early Learning and Development Standards:

- CD-MA4. Sort and classify
- CD-SC5. Awareness of environment

## Objectives:

- Students will be able to sort various fruits and vegetables to match the color cards.
- Students will be able to actively explore their environment to identify colors in the garden.
- Students will be able to depict or articulate that different colored foods are good for your body in different ways.

## Materials:

- [“Edible Colors” by Jennifer Vogel Bass](#)
- Crayons

## Reproducibles:

- Plant Parts Cards ([Set 1](#), [Set 2](#))
- [Color Posters](#) (1 set)
- [Outline of Human Body](#) (1 for each student)
- [Garden Color Scavenger Hunt](#) (1 for each student)
- [Shopping Bag](#) (1 for each student)

# Edible Colors Pre-K



## Outline:

- Engage: Read *Edible Colors*
- Explore: Complete edible colors relay and echo-read colors poem
- Explain: Learn the health benefits associated with different colored foods
- Extend: Taste a colorful salad, complete a garden color hunt, or draw your shopping basket

## Lesson Plan:

- Engage (whole group / seated on the carpet) - 5 minutes  
Read *Edible Colors* by Jennifer Vogel Bass and review the colors as you read. Connect to children's personal eating experiences through discussion as familiar foods occur during the book.
- Explore (whole group / moving on the carpet) - 10 minutes  
Edible Colors Relay: Designate a certain area of the learning space for each color. As you place the color cards, review each color by echo reading the color poem for that color. Provide each student with the same number of fruits or vegetables of various colors. When you say "go" students can walk around the learning space to place their fruit or vegetable in the area designated for its color. When everyone has finished and returned to the whole group area, review each color again. Repeat the echo reading of the poem and showing the fruits and vegetables of that color.
- Explain (whole group / at seats) - 15 minutes  
Explain that the colors of fruits and vegetables are clues to the nutrients they contain that help different parts of our body. Travel to each group of colored fruits and veggies, this time explaining the health benefits of each. As each color is introduced students will find the matching color crayon and shade in the body part that benefits from that color on the body outline provided.
  - Red/Orange – good for your heart
  - Purple/Blue – good for your brain
  - Green (*like kale!*) – good for your tummy/digestion
  - White – good for your bones
  - Yellow/Orange – good for your eyes



- Extend

Garden Extension (small groups / outside) - 20 minutes

Invite students to participate in a color scavenger hunt in the garden or outdoor space. With free time to explore, students are given a task to find something of each color that occurs in nature. Students can use the provided color scavenger hunt sheet or they can use paint chips to match the colors to what they see in the garden.

### *Other Optional Extensions*

Kitchen Extension (whole group / seated on the carpet) - 20 minutes

Create a salad with fruits and vegetables from every color of the rainbow.

- Red – strawberries, red cabbage, red apples
- Orange / Yellow – carrots, mandarin oranges
- Green – leafy greens (like kale), green apples
- Blue / Purple – blueberries

This salad would be great with some crumbled blue cheese, nuts or granola, and a light drizzling of a sweet vinaigrette dressing.

Real-Life Connection (independent / in seats) - 15 minutes

Provide students with a drawing of a shopping bag to draw the fruits and veggies they would like to buy at the grocery store. Remind them to include a variety of colors to ensure that they are getting all of their nutrients. When they are finished, they can describe their choices to the teacher or the class.

# Edible Colors Pre-K \_\_\_\_\_



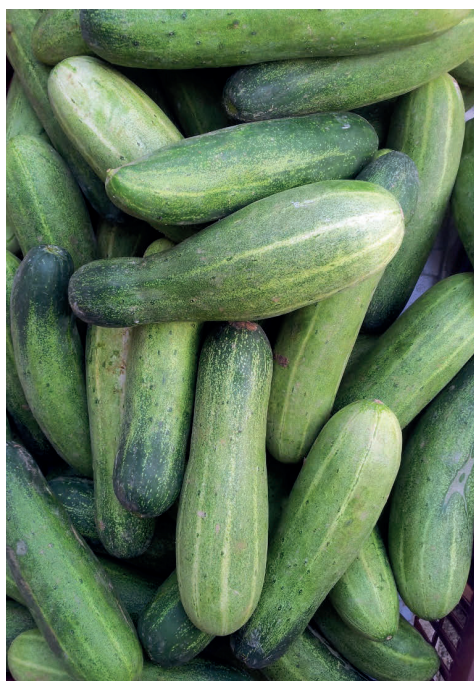
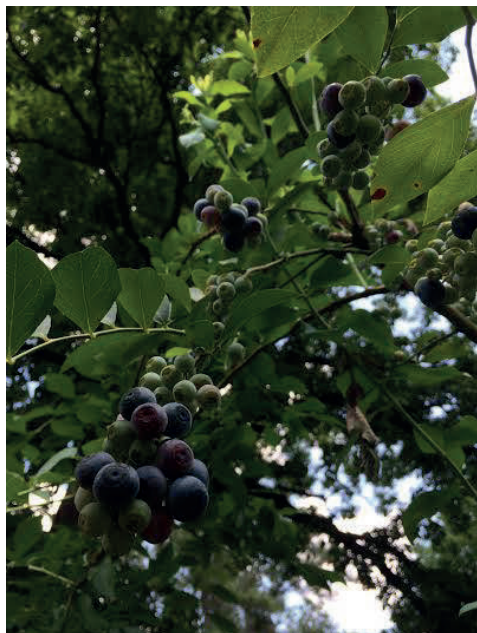
- Evaluate:

*Example Evaluation*

Engage	Student participated in listening to “Edible Colors” and contributed their personal eating experiences.	___/25
Explore (CD-MA4.)	Student participated in the Edible Colors relay activity by sorting and classifying foods by their color.	___/25
Explain	Student colored in their human body outline to match the body part that the teacher identified for each color.	___/25
Extend (CD-SC5.)	Student actively explored their environment to find plants of different colors.	___/25
	TOTAL:	___/100



# Plant Cards Set 1



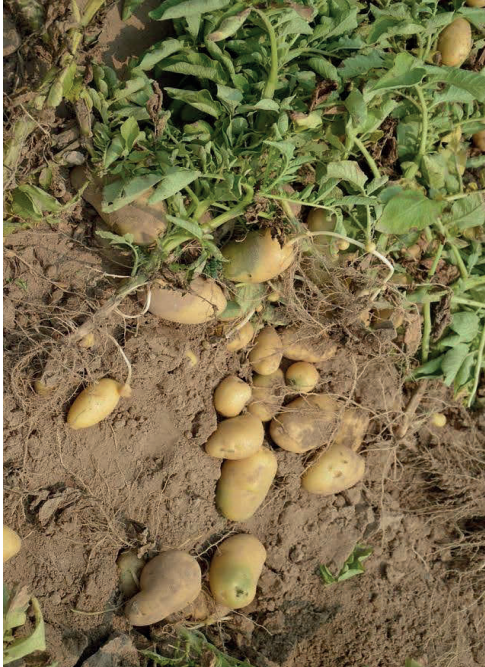


# Plant Cards Set 1





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# Plant Cards Set 1



# Plant Cards Set 1





# Plant Cards Set 1



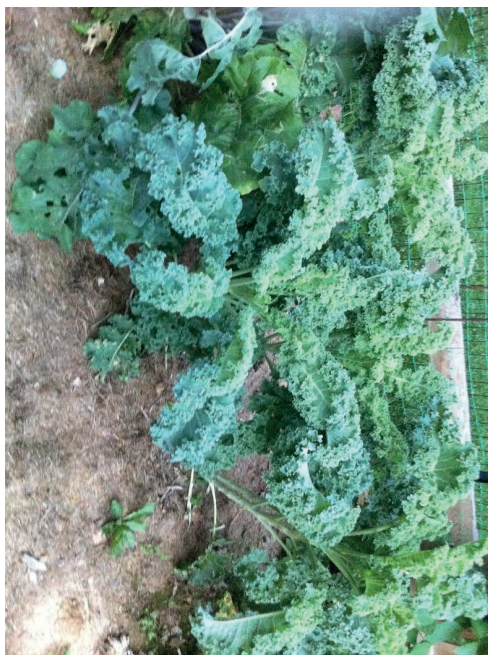


# Plant Cards Set 1





# Plant Cards Set 1





# Plant Cards Set 2



 **GEORGIA ORGANICS**

Early Care

GA Standards

 30 min

[farmtoschool.georgiaorganics.org](http://farmtoschool.georgiaorganics.org)

#kickinitwithkale



# Plant Cards Set 2



# Plant Cards Set 2





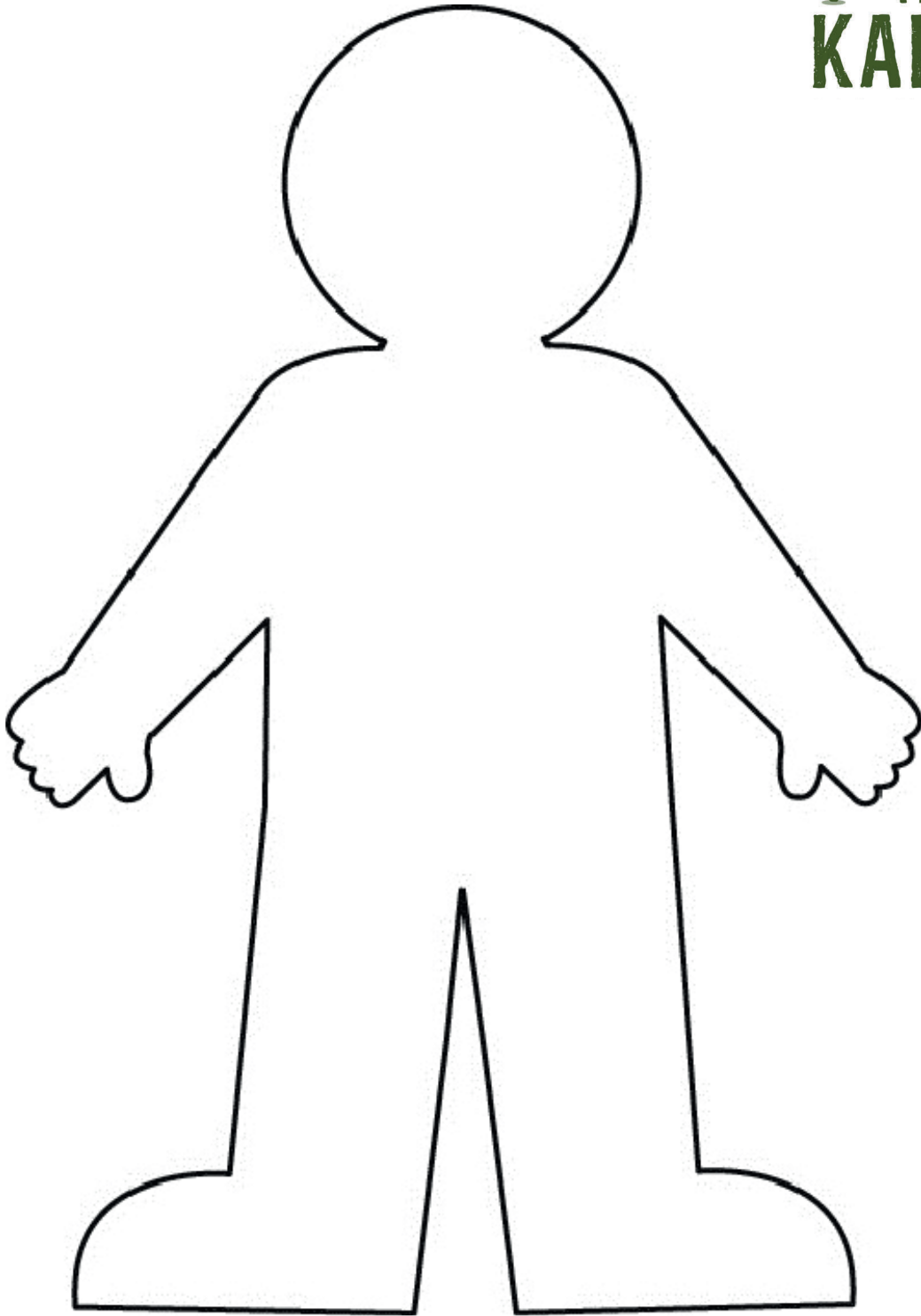
# Plant Cards Set 2



## KEY

- Row 1 - Blueberries
- Row 2 - Cucumber
- Row 3 - Carrots
- Row 4 - Tomatoes
- Row 5 - Potatoes
- Row 6 - Green Beans
- Row 7 - Strawberries
- Row 8 - Butternut squash
- Row 9 – orange
- Row 10 - pumpkin
- Row 11 – zucchini
- Row 12 – persimmons
- Row 13 - peppers
- Row 14 – eggplant
- Row 15 – peaches
- Row 16 – pineapple
- Row 17 – blackberries
- Row 18 – kale
- Row 19 – cantaloupe
- Row 20 – grapes
- Row 21 – radish
- Row 22 – onion
- Row 23 – Brussel sprouts
- Row 24 – asparagus
- Row 25 – artichoke
- Row 26 – kohlrabi
- Row 27 – spinach
- Row 28 – cauliflower
- Row 19 – broccoli
- Row 20 – corn

# Human Body Outline





## Red/Rojo

Red is an apple.  
Red is a cherry.  
Red is a rose.  
And a ripe strawberry.



## Yellow/Amarillo

Yellow is a lemon,  
Butter and cheese,  
Bananas and squash,  
All healthy for me!



## Orange/Naranja

Orange is an orange,  
Orange is a carrot,  
Orange is the color  
Of the beak of a parrot.



## Green/Verde

Bright green apples  
Are bitter to the tongue  
But spinach and broccoli-  
I eat them up yum!



## Blue/Azul

Blue is the ocean.  
Blue is the sky.  
Blue are the blueberries  
I put into the pie.



## Purple/Purpura

Purple are grapes.  
Purple are plums.  
Purple is a violet.  
And the bruise on my thumb.



# Shopping Bag

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