

Pre-K Activities

Edible Colors



Early Learning Standards:

C3M2. Sorts and matches objects.

C3M8. Identifies basic colors.

C3S1. Actively explores the environment.

Materials Needed:

- Book: "Edible Colors" by Jennifer Vogel Bass (<http://amzn.com/1626720029>)
- Various fruits and vegetables of different colors
- Crayons
- Color cards (included)
- Color poems (included)
- Human body outline (included)
- Shopping bag outline (included)

Time Needed: 45 minutes

Goals: Students will review colors and learn why it is important to eat a variety of colors.

Objectives:

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

Outline:

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

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Lesson Plan:

Engage (5 min):

Read “Edible Colors” by Jennifer Vogel Bass and review the colors as you read. Also, connect to children’s personal eating experiences through discussion as familiar foods occur during the book.

Explore (10 min):

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. Repeating the echo reading of the poem and showing the fruits and vegetables of that color.

Explain (10 min):

The color of fruits and vegetables are clues to the nutrients they hold that help different parts of our body. Teacher should again travel to each group of colored fruits and veggies, this time explaining the health benefits of each. As teacher introduces each color, students will find that color crayon and color in on the body outline provided.

- Red/Orange – good for your heart
- Purple/Blue – good for your brain
- Green – good for your lungs
- White – good for your bones
- Yellow/Orange – good for your eyes

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Extend (10 min):

Garden Extension

Give children an opportunity to explore around an outdoor space in search of more colors that occur in nature. This can be in a structured form such as a whole group “I Spy” game or in the form of some free time for the kids to explore with whole group time at the end to report what they’ve found.

Kitchen Extension

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

- Red – radishes, strawberries, red apples
- Orange / Yellow – carrots, bell peppers, oranges
- Green – leafy greens, green apples, bell peppers, cucumbers
- Blue / Purple – blueberries, purple cabbage

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

Evaluate (10 min):

Ask students to draw the fruits and veggies they are going to buy for the week in their shopping bag. 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.

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Rubric

C3M8.	During "Engage" Identified basic colors.	___ / 25
C3M2.	During "Explore" Sorted and matched objects.	___ / 25
C3S1.	During "Extend" Actively explored the environment.	___ / 25
	During "Evaluate" Articulated the health benefits of different colored foods.	___ / 25
TOTAL		___ / 100

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RED

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YELLOW

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ORANGE

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GREEN

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BLUE

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PURPLE

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Color Poems

Red

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

Yellow

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

Orange

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

Green (PICK ONE)

Green is the grass,
String beans and peas.
Green are the branches
on Christmas trees.

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

Blue

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

Purple

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

What Colors do I See?

See, see, see!
What colors do I see?

Purple plums,
Red tomatoes,
Yellow corn,
Brown potatoes,

Green lettuce!
Yum, yum, yum, good!
I learn so many colors,
When I eat my food.

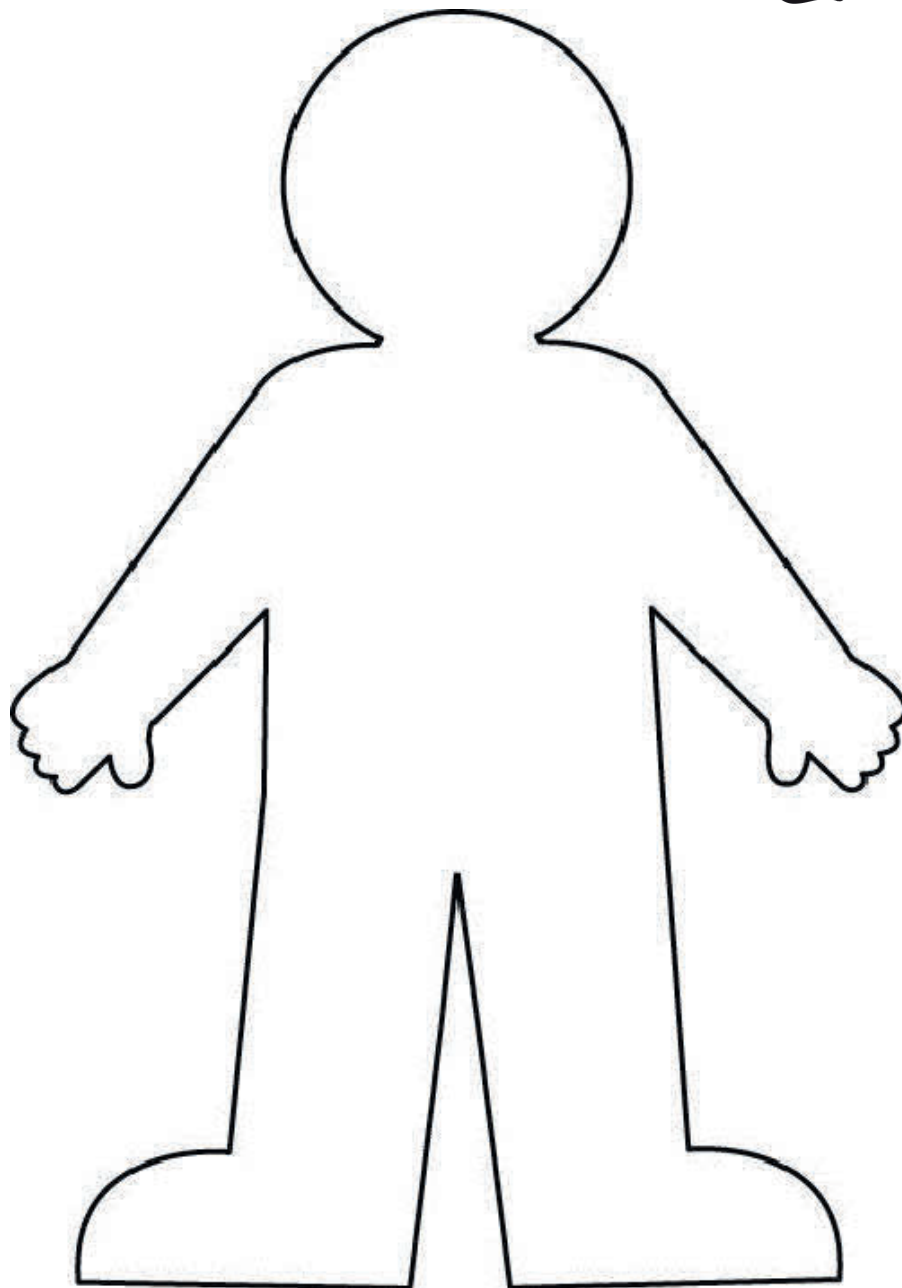
Color Song

(to the tune of "The Itsy Bitsy Spider")

Orange is a carrot,
Yellow is a pear,
Green is the grass,
And brown is a bear,
Purple is a plum,
Blue is the sky,
Black is a witch's hat,
And red is cherry pie.

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