

Edible Colors Pre-K



Jenna Mobley, Tending Our Common Ground

Overview:

The class will read “Edible Colors” together to activate their prior knowledge about the different colors of food that they eat. Children will then echo-read poems about each color and participate in a sorting game where they will sort models or photos of fruits and vegetables by their color. Children 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 children 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 Needed: 30 minutes + optional extensions)*

Georgia Early Learning and Development Standards:

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

Objectives:

- Children will be able to sort various fruits and vegetables to match the color cards.
- Children will be able to actively explore their environment to identify colors in the garden.
- Children 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)

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, complete a garden color hunt, or draw your shopping basket

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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. Also, 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 child 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 (whole group / at seats) - 15 minutes
Explain that the colors of fruits and vegetables are clues to the nutrients they hold 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, children 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 – good for your lungs
 - White – good for your bones
 - Yellow/Orange – good for your eyes
- Extend
Garden Extension (small groups / outside) - 20 minutes
Invite children to participate in a color scavenger hunt in the garden or outdoor space. With free time to explore, children are given a task to find something of each color that occurs in nature. Children 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.

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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 – summer squash, carrots, mandarin oranges
- Green – zucchini, leafy greens, 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

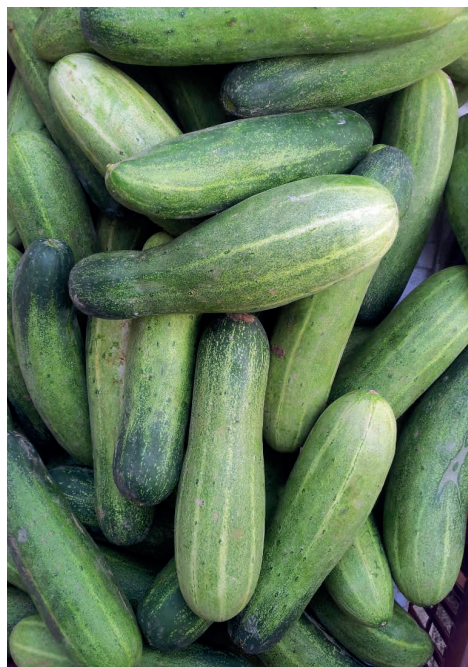
Provide children with a drawing of a shopping bag to draw the fruits and veggies they would like to buy at the grocery store. Remind them to include a variety of colors to ensure that they are getting all of their nutrients. When they are finished, they can describe their choices to the teacher or the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

- Evaluate:

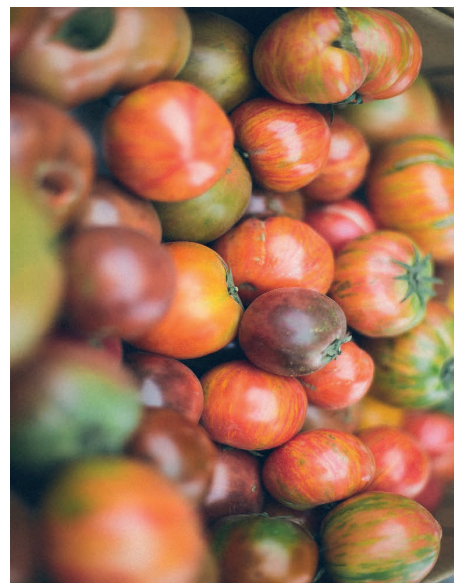
Example Evaluation

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

Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1



Plant Cards Set 1







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

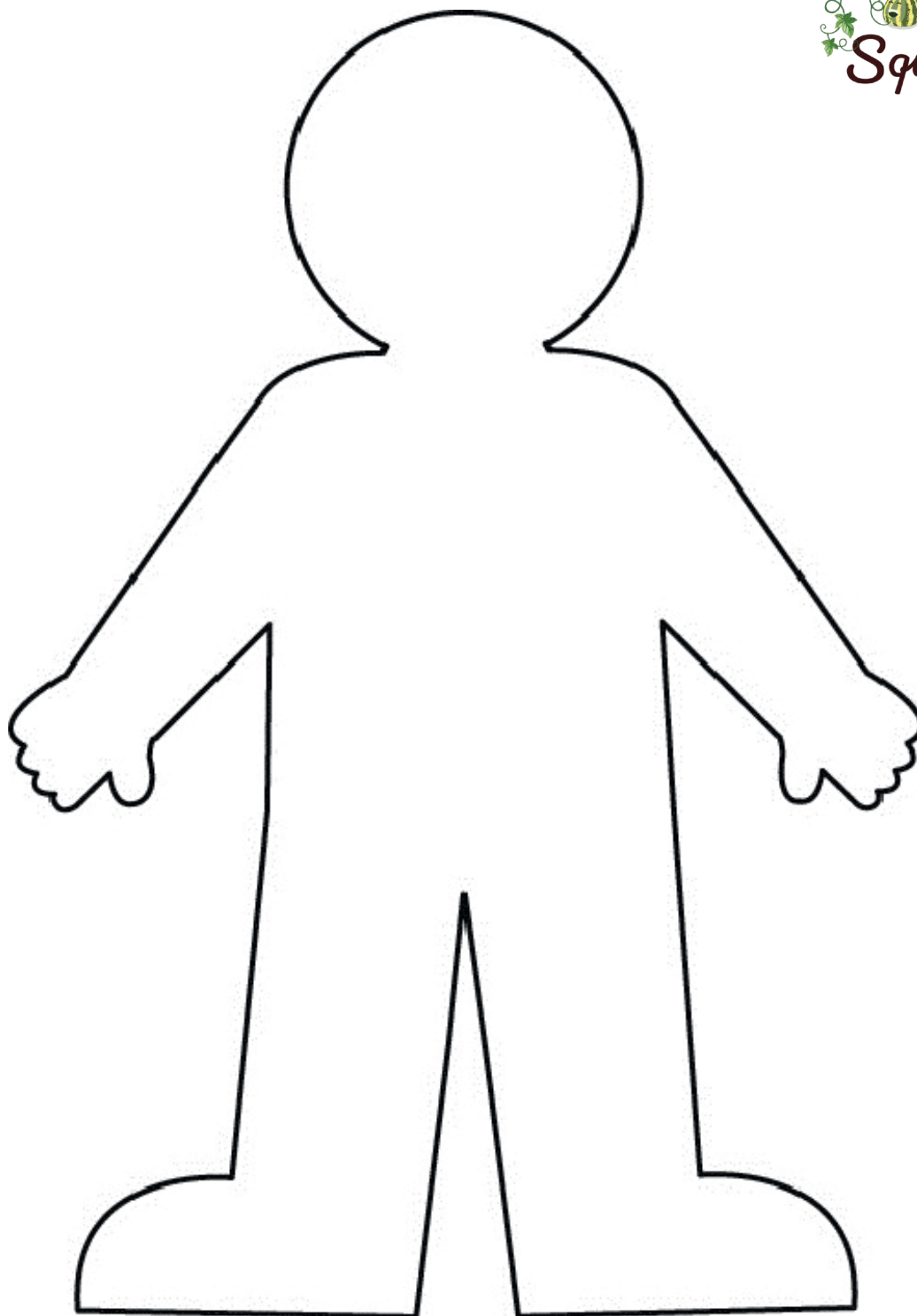
Row 27 - spinach

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

