

# Color a Healthy Human

## Eat a Rainbow - Lesson 4



### Georgia Early Learning and Development Standards:

- PDM2.4b Communicates the benefits of healthy foods.
- CD-SC3.3c Identifies and describes the functions of a few body parts.
- CLL2.3b. Listens and understands new vocabulary from activities, stories and books.
- CD-CR2.1a. Expresses self creatively with simple art materials.

### For the Classroom:

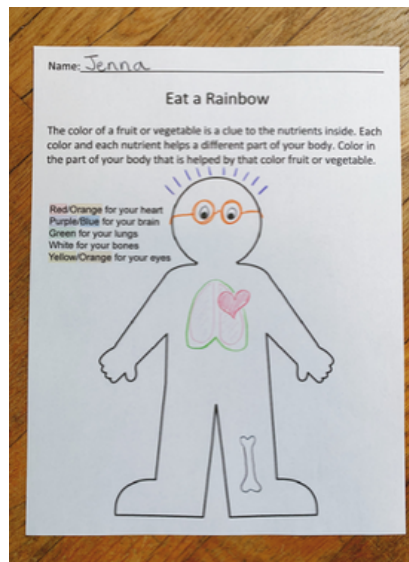
- Group structure - whole group
- Location - at seats
- Approximate time - 15 minutes

### Materials

- Crayons

### Reproducibles

- ["Eat a Rainbow" Poems Posters \(1 set\)](#)
- [Fruit and Vegetable Cards \(1 set\)](#)
- ["Color a Healthy Human" Sheet](#)



### Directions

1. Distribute a "Color a Healthy Human" sheet to each child. Explain that the colors of fruits and vegetables are clues to the nutrients they hold that help different parts of our body.
2. For each color, the "Eat a Rainbow" poem can be read and the matching fruit and vegetable cards can be listed.
3. Then, introduce the new vocabulary of the body part (noun) that is helped by that color and point to it on your body. Also, introduce what that body part does (verb).
4. Lastly, children can find the matching color crayon and shade in that body part.

Eat **Red/ Orange** to help your heart pump

Eat **Purple/ Blue** to help your brain think

Eat **Green** to help your lungs breathe

Eat **White** to help your bones be strong

Eat **Yellow/ Orange** to help your eyes see

Lesson Created by Jenna Mobley for Georgia Organics