

Taste a Rainbow Salad

Eat a Rainbow - Lesson 6



Georgia Early Learning and Development Standards:

- PDM2.2b. Eats a variety of nutritious foods and recognizes healthy foods.
- PDM2.4a Helps prepare nutritious snacks and meals.
- PDM2.4b Sorts foods into groups and communicates the benefits of healthy foods.

For the Classroom:

- Group structure - whole group
- Location - at seats
- Approximate time - 20 minutes

Materials

- Large bowl, tongs
- Fruits and vegetables of different colors, all washed and sliced
 - **Red** – strawberries, red cabbage, red apples, radishes, tomatoes
 - **Orange / Yellow** – summer squash, carrots, mandarin oranges, fresh corn
 - **Green** – zucchini, leafy greens, green apples, sugar snap peas
 - **Blue / Purple** – blueberries, turnips
- Dressing (sweet vinaigrette recommended)
- Plates, forks, napkins

Directions

Assemble the salad in a large bowl, naming each ingredient of each color as it is added. Add a light dressing and toss the salad. Distribute a serving to each child and taste the rainbow together.



Lesson Created by Jenna Mobley for Georgia Organics