

Eat a Rainbow 4.

Color a Healthy Human

SPINACH
to WIN it!

For the Classroom:

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

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.

Materials:

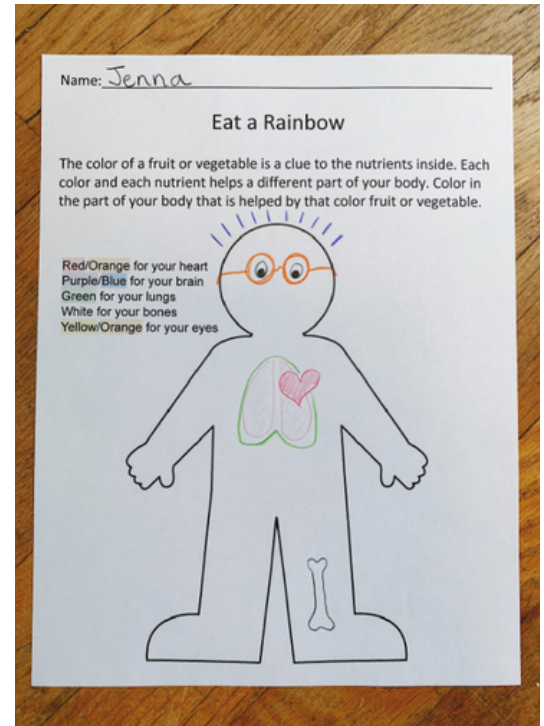
- Crayons

Reproducibles:

- [“Eat a Rainbow” Poems Posters](#) (1 set)
- [Fruit and Vegetable Cards](#) (1 set)
- [“Color a Healthy Human” Sheet](#) (1 for each child)

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.
 - a. Eat **Red/Orange** to help your heart pump
 - b. Eat **Purple/Blue** to help your brain think
 - c. Eat **Green** to help your lungs breathe
 - d. Eat **White** to help your bones be strong
 - e. Eat **Yellow/Orange** to help your eyes see



Lesson written by Jenna Mobley for Georgia Organics

 **GEORGIA ORGANICS**

Pre-K

Health

 15 min

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