

Eat a Rainbow 6. Taste a Rainbow

SPINACH
to WIN it!

For the Classroom:

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

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.

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, mandolin oranges, fresh corn
 - Green – spinach, 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 written by Jenna Mobley for Georgia Organics

 **GEORGIA ORGANICS**

Pre-K

Nutrition

🕒 20 min

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