

Eat a Rainbow 7.

Shop and Share a Rainbow

SPINACH
to WIN it!

For the Classroom:

- Group structure - independent
- Location - at seats
- Approximate time - 10 minutes

Georgia Early Learning and Development Standards:

- PDM2.4b Sorts foods into groups and communicates the benefits of healthy foods.
- CD-CR2.1a. Expresses self creatively with simple art materials.

Materials:

- Crayons

Reproducibles:

- Fruit and Vegetable Cards (1 set)
- Shop for a Rainbow Sheet (1 for each child)

Directions:

1. Provide each child with a “Shop and Share a Rainbow” sheet. Instruct children to draw the fruits and veggies they would like to buy at the market to make a Taste the Rainbow salad at home for their friends and families. They can use the “Edible Plant Cards” as inspiration if they would like.
2. When they are finished, they can describe their choices to a neighboring student, the teacher, or the whole class.



Lesson written by Jenna Mobley for Georgia Organics

 **GEORGIA ORGANICS**

Pre-K

Nutrition

🕒 10 min

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