

# Title: I Can Eat a Rainbow!

Learning Healthy Eating Through Colorful Snacking



**Time:** 45 minutes

**Grade Range:** PreK – 3rd grade

**Synopsis:** Students learn healthy eating by identifying foods in different colors. Students can also be introduced to new fruits and vegetables. This activity is important because it will help students understand the importance of healthy eating.

## Materials:

- “I Can Eat a Rainbow” printable
- Scissors
- Glue
- Crayons or markers
- Grocery advertisements/magazine clippings

## Instructions:

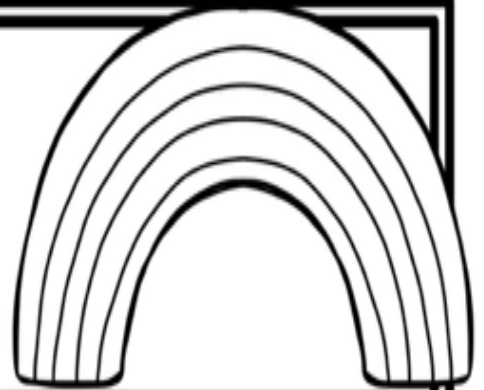
1. Print and copy the “I Can Eat a Rainbow” printable
2. Students can color in each crayon with the matching color word.
3. Have students look through grocery ads or magazines for pictures of colorful fruits and vegetables. Cut and paste at least one picture for each color. (They can skip this step if you prefer they draw pictures instead). \* Students can take these home as a reminder to eat a “rainbow” everyday!
4. You can extend this activity by having a healthy rainbow snack. Bring in colorful and unusual fruits and veggies. Laminate the completed student printables or place in sheet protectors to act as a place mat. Have students place the fruits and/or veggies on each color of the placemat. This is a fun and healthy way to celebrate healthy eating!



Source: [teacherspayteachers.com](http://teacherspayteachers.com) and Curriculum Castle

Name: \_\_\_\_\_

# I Can Eat a Rainbow!



Directions: Draw or glue pictures of fruits and vegetables for each color of the rainbow.

