



## THIRD GRADE LESSON: Eating Rainbow Foods SC STANDARD: 3.RL.10.1



It's your world.

### EATING RAINBOW FOODS

#### OBJECTIVES:

- Discuss the importance of eating rainbow foods
- Talk about each color of the rainbow with the foods and benefits that match that color
- Understanding word meanings and definitions
- Learn the importance of washing your produce

#### LET'S GET STARTED! (10 MINUTES):

- Ask if anyone knows what “eating the rainbow” means
- Explain why it is important to try and “eat a rainbow”
- For each color, describe the benefits of eating foods individual color
- Talk about the importance of washing your fruits and vegetables

#### ACTIVITY (15 MINUTES):

- Crossword Puzzle using the definitions talked about during the lesson
- Additional Activity: Compare contrast and answering questions using the “Boss’ Rainbow Foods” handout

#### WRAPPING UP (5 MINUTES):

- Review some foods that are in each of the colors of the rainbow and benefits
- Handout Boss’ Backpack Bulletin with the weekly goal on it

#### SC STANDARDS:

- 3.RL.10.1 Use paragraph-level context to determine the meaning of words and phrases.

#### MATERIALS:

- Boss’ Crossword Puzzle
- Boss’ Rainbow Foods (Additional Activity)

### LET'S GET STARTED!

- Begin discussing today’s topic by asking if anyone knows what “eating a rainbow” means. Also ask the students if they know all of the colors of the rainbow
- After explaining what “eating a rainbow” means, ask student if they know why it is healthy to “eat a rainbow”, or rainbow foods

### DIALOGUE BOX

- “Eating a rainbow” means that you try to eat fruits and vegetables of all different colors, or all of the colors of the rainbow, everyday!
- The colors of the rainbow include red, orange, yellow, green, blue, and purple. Even though the color white is not part of the rainbow, it is still considered to be a color when it comes to foods! Every color has its own unique benefits and offer different vitamins and minerals, which is why it is very healthy to eat rainbow foods!
- When you eat certain fruits and vegetables, you are getting the nutrients that come with that individual food, but when you eat rainbow foods of all colors, you get all the different vitamins and minerals, which helps your body and makes you extra healthy!
- After explaining the importance of eating rainbow foods, you will go through each color of the rainbow, including white, and discuss the various benefits of the foods that come in that color.
- Explanations and definitions will be provided in the dialogue boxes.
- **Red foods**, like strawberries, cherries, tomatoes, and beets, help lower cholesterol and your blood pressure.

- **Cholesterol** - this is a type of fat that is found in everyone’s blood; everybody needs some cholesterol to be healthy, but too much cholesterol can be bad for your body.
- **Blood Pressure** - this is the pressure that the blood puts on your veins as your heart pushes it throughout your body; when your blood pressure is too high, then your heart has a harder time pushing the blood through your body, which is not healthy for your heart.

- Red foods help lower both of these things so that your body can be as healthy as possible!
- **Orange foods**, like oranges, sweet potatoes, carrots, tangerines, and apricots help you have healthier eyes and better vision, and they also help keep away certain diseases that may be harmful to your body.

- **Yellow fruits and vegetables**, like, bananas, yellow peppers, some pears, and mangos, can give you healthy and strong joints and bones.

- Joints – these are places in the body where two bones meet, like at the knee or elbow, that allow your body to straighten and bend.

- **Green foods**, such as spinach, kale, kiwis, green apples, honey dew, asparagus, cucumbers, green grapes, and broccoli, reduce the risk of certain cancers, improve your digestion, help with vision, and build strong teeth.

- **Purple and blue foods**, like blueberries, eggplant, blackberries, and grapes, have something called antioxidants in them that cannot be found as much in other fruits and vegetables.

- Antioxidants – these protect the cells in the body from damage and help keep your heart healthy.

- **White foods**, like mushrooms, cauliflower, onions, garlic, potatoes, and parsnips, help build a strong immune system that can help fight off certain illnesses and prevent you from getting sick.

- Immune system – this is made up of various cells, organs, and tissues, among other things, and protects your body from germs and other invaders that cause illnesses.

- Parsnip – this is a root vegetable, meaning it grows under the ground, and looks very similar to a carrot, except it is white instead of orange

- Begin discussing the importance of washing your rainbow foods before you eat them.

- Most of the time, rainbow foods are either fruits or vegetables.
- Many fruits and vegetables that you buy from the store come with a lot of pesticides on them that are not very good for humans to consume.
- Pesticides – these are substances, or chemicals, that are sprayed on plants to kill any insects that might be eating the plants
- Washing your fruits and vegetables with soap and water before you eat them is a great way to get rid of as many pesticides as you can so that your body does not have to consume them!

## ACTIVITY

- The activity for Eating Rainbow Foods is a word search game using the definitions were mentioned during the lesson, as well as matching the word to its definition.

- Use Boss' Crossword Puzzle handout for this game

## DIALOGUE BOX

- This activity is going to be a crossword puzzle that you will fill out using the definitions as clues to find which word fits in the blanks.
- Hint: If you cannot figure out what word matches with the definitions, count the blocks in the crossword puzzle and look for the word that has that many letters in it!
- Once you have matched the definition with a word in the word bank, draw a line between the definition and the word it matches!

## TEACHER ANSWERS TO THE CROSSWORD PUZZLE ACTIVITY:

1. Antioxidants
2. Joint
3. Immune system
4. Blood pressure
5. (Down) Pesticide
5. (Across) Parsnip
6. Cholesterol

## WRAPPING UP

- Ask students if they have any questions about the lesson.
- Hand out Boss' Backpack Bulletin with the weekly goal.

## DIALOGUE BOX

- This week, your goal is to try and eat rainbow foods as much as possible!
- When you try a rainbow food this week, color a picture of it in the part of the rainbow where it belongs! For example, if you eat strawberries this week, color a strawberry in the red part of the rainbow!

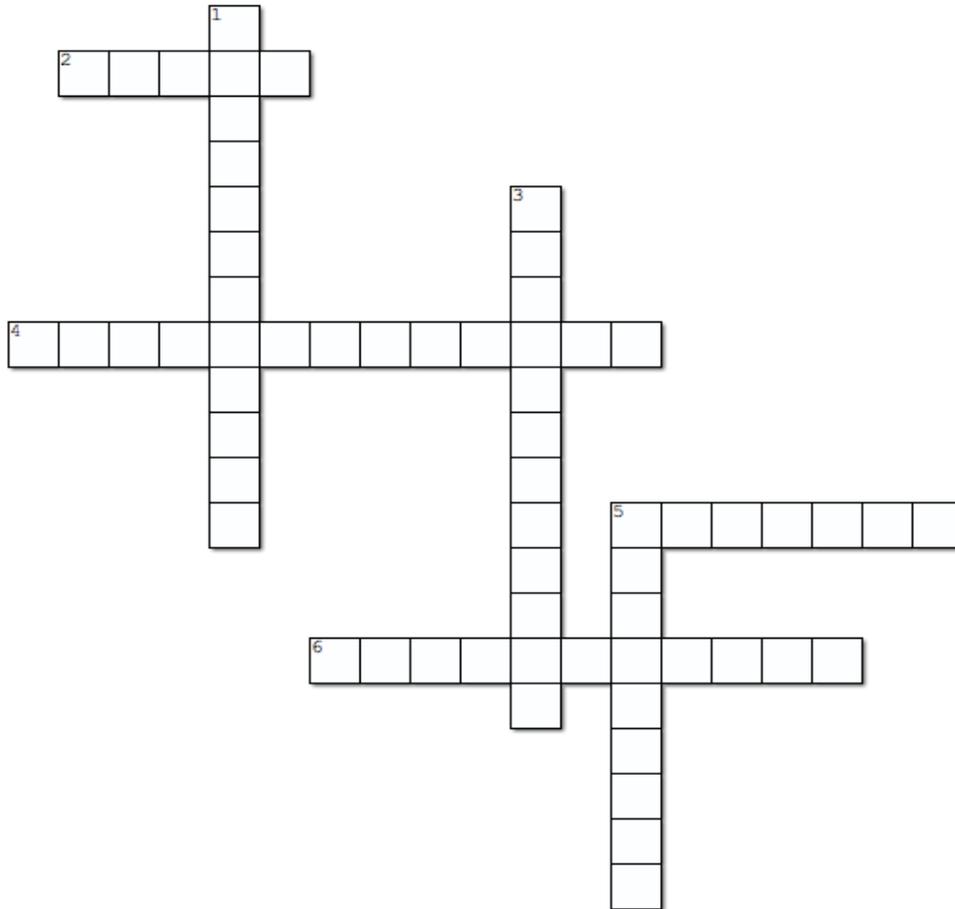
## ADDITIONAL ACTIVITY

- An optional activity that would go along with this lesson would be to use Boss' Rainbow Foods handout and the Questions handout that compares and contrasts certain rainbow foods.
- Ask students the questions from the handout provided, and allow students to raise their hands to answer the questions.
- Some questions may have more than one answer, but there will be some optional answers also provided beside the questions in parentheses.

# BOSS' WORD SEARCH

Use the definitions as clues to figure out the word that fits in the blank

When you have found the word, draw a line between the definition and the word it matches



1. These protect the cells in the body from damage and help keep your heart healthy

2. Place in the body where two bones meet, such as the knee or elbow, which allows your arms and legs to straighten and bend

3. This is made up of various cells, organs, and tissues, and protects your body from germs and other invaders that cause illnesses

4. This is the pressure that the blood puts on your veins as your heart pushes it throughout your body

5. Down: These are substances, or chemicals, that are sprayed on plants to kill any insects that might be eating the plants

5. Across: This is a root vegetable, meaning it grows under the ground, and looks very similar to a carrot, except it is white instead of orange

6. This is a type of fat that is found in everyone's blood

- Antioxidants
- Blood Pressure
- Cholesterol
- Immune System
- Joint
- Parsnip
- Pesticide

# BOSS' RAINBOW FOODS

1. How are numbers 5 and 9 different? (both types of berries)
2. How are numbers 11 and 15 similar? (both root veggies meaning they grow under the ground, both are orange)
3. Give two numbers of rainbow foods that grow on trees. (3, 7, 10, 18, 19, 22)
4. Name two foods that you usually peel before eating. (3, 12, 14, 18, 23)
5. How are 3 and 12 similar?? (both usually are peeled and only eat the inside)
6. Do 7 and 10 come in other colors besides what you see on the picture? If so, what colors? (yes- red and yellow)
7. Do 24 and 20 both grow above the ground? (no, mushrooms grow above the ground, but potatoes DO grow under ground)
8. Do any of the green foods grow under ground or above ground where you can see them? (above)
9. What is the difference between numbers 1 and 3? (eggplant is a vegetable while mango is a fruit, you can also eat the peeling of an eggplant, but do not usually eat the peeling of a mango)
10. What other fruit is number 14 similar to, considering it is a melon fruit? (cantaloupe or watermelon)
11. How are numbers 15 and 20 similar? (they are both types of potatoes)
12. Does anyone know what color the inside of number 1 is? (white)
13. What is the difference between numbers 2 and 6? (spinach is soft, while broccoli is crunchy)
14. Name some veggies that can usually go in salads. (trick question... if you try hard enough, almost all of the rainbow foods can be used on salads)

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

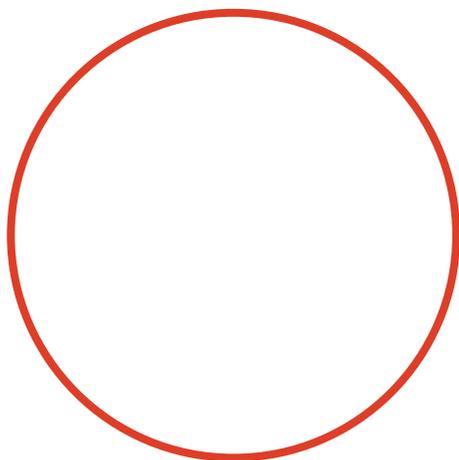
# BOSS' BACKPACK BULLETIN

Your goal for this week is to try and eat more rainbow foods!

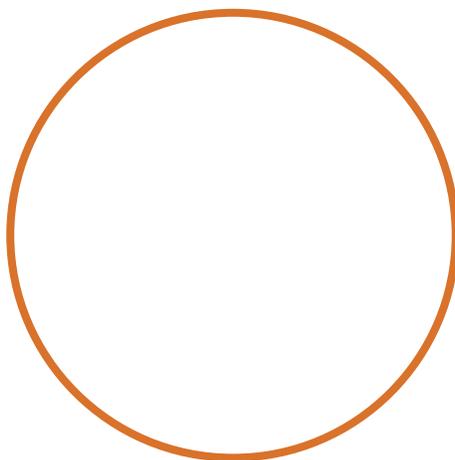
In order to keep track of the rainbow foods you eat this week, draw or write down each food in its matching colored circle.



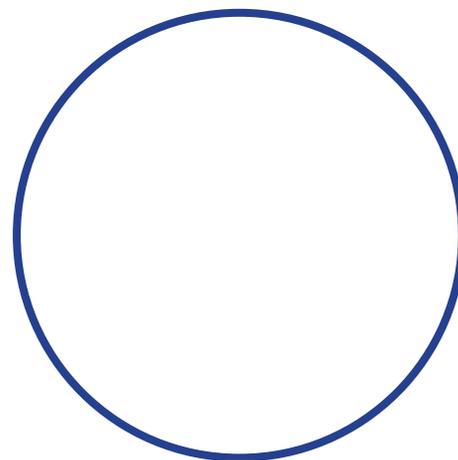
Red



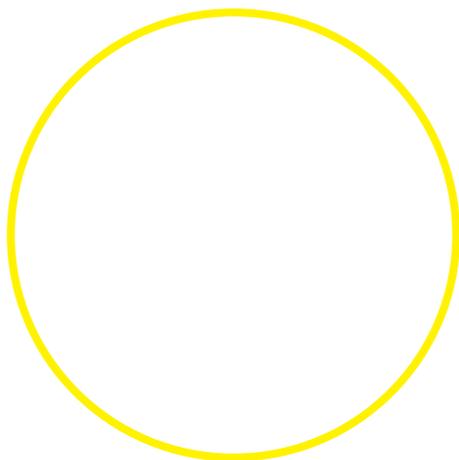
Orange



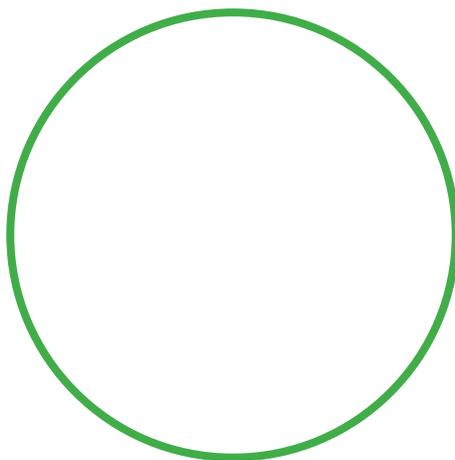
Blue and Purple



Yellow



Green



White

