



Grades 3-5

## Lesson #9 Vivacious Veggies

### Time Table

#### Total Time: 30 minutes

- 2 Minutes: Introduction to Lesson
- 15 Minutes: PowerPoint Presentation/ Lesson
- 10 Minutes: Activity: *Eat the Rainbow*
- 3 Minutes: Explain Take Home: *Vivacious Veggies*

**Goal:** Discuss with students the importance of getting a variety of vegetables in their diet.

### Objectives:

Students will:

- Be able to understand that all colors of vegetables are important
- Identify different nutrient provided by various colors of vegetables and their health benefits
- Learn how many vegetables they should eat each day
- Identify vegetables in their diet and learn about new vegetables they may have never tried

### Materials:

- Lesson:
  - *Fit4Kidz Veggie Rainbow* teacher reference
  - *Fit4Kidz Veggie Rainbow* teacher answer key
  - Chalkboard or dry erase board
  - Chalk or dry erase markers
- Activity:
  - *Eat the Rainbow* student activity worksheet
  - *Eat the Rainbow* teacher answer key
  - Scissors, glue, crayons or markers
- Take Home: *Vivacious Veggies* student activity worksheet

### Instructions:

1. Begin the lesson with a quick review of last weeks *All About Oils* lesson by asking students to share some good sources of healthy fat they had this past week.
2. Tell students that this week's lesson focuses on vegetables and how it is important to get a variety of colors of veggies in their diet.
3. Discuss with students that there are vegetables of every color. Draw the *Veggie Rainbow* chart on the board and have students name as many vegetables as they can under each color. Fill in other vegetables that the students may not have mentioned. Ask students to pick a vegetable they have not tried before and circle it. Challenge them to try that vegetable this week at home.

4. Explain that it is important to eat veggies of every color because each color is packed with different vitamins and nutrients that they need to stay healthy.  
For example:
  - Broccoli has Vitamin C that helps prevent colds.
  - Carrots have Vitamin A that keeps eyes and skin healthy.
5. Tell students that they need to get 2 ½ cups of vegetables every day. To make it easier, they should fill up half of their plate with fruits and veggies.
6. **Activity:** Have students complete their *Eat the Rainbow* activity worksheet.

**Activity:**

Pass out the *Eat the Rainbow!* activity worksheet. Have students use markers or crayons to color each vegetable with the appropriate color. Then have them draw a line from each vegetable to the right part of the rainbow. This activity focuses on the importance of getting a variety of different colored vegetables in their diet.

After students have completed this activity, go over the correct answers with them. Collect student's activity sheets and put them into the student's personal *Fit4Kidz Folders*.

**Take Home:**

Have students write down which vegetable they chose from the starting exercise that they had not tried yet. Have them look up their vegetable online with the help of their parents and either print or draw a picture of it. Encourage students to go to the grocery store with their parents to purchase and prepare their vegetable in one of this weeks meals.

You may ask students to bring their completed activity to school to add to their personal *Fit4Kidz Folders*.

For further reference, students and families can visit [www.fit4kidz.us](http://www.fit4kidz.us).