

# Ever Taste A Rainbow?

Program description: A story hour lesson that introduces pre-school age children to the importance of eating a “rainbow” of colors of fruits and vegetables.

Setting: Libraries, preschools, child care centers

Lifestyle Goal:

Children will increase their fruit and vegetable intake.

Children will remember that fruits and vegetables are important parts of a healthy diet. “Tasting a Rainbow” is good for them.

Objective:

Children will be able to identify the names and colors of different fruits and vegetables.

Children will be able to verbalize at least 3 health benefits of eating a variety of fruits and vegetables.

Needed Materials:

A variety of fruits and vegetables, pictures, artificial models or, preferably, fresh produce, in different color groups.

A book to read to the children related to eating fruits and vegetables. Suggested titles include:

“*Rabbit Food*” by Susanna Gretz

“*Lunch*” by Denise Fleming

“*I Will Never Not Eat A Tomato*” by Lauren Child

Coloring worksheet, free downloads from [www.foodchamps.org](http://www.foodchamps.org) and crayons or markers

Eat A Rainbow coloring sheet that children can use to track their intake of fruits and vegetables

Certificates to be awarded to children who successfully eat a rainbow

Give-away items related to fruits and veggies, such as spongy fruits and veggies



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