



LiveWell Kids Nutrition

Grades: K-2nd

Lesson 2: Fruits & Vegetables – Eating from the Rainbow

Lesson 2: Fruits & Vegetables – Eating from the Rainbow is the second lesson in a series of virtual LiveWell Kids Nutrition programming for the 2020-2021 academic year. The program consists of five lessons based on a thorough review of existing, evidence-based strategies. For this lesson, students will explore healthy eating choices by discovering the colorful variety of fruits and vegetables.

Length of Lesson: 10 minutes

Objectives

- Increase knowledge of fruits and vegetables.
- Identify ways to incorporate fruits and vegetables into meals.
- Use MyPlate to make half of their plate fruits and vegetables.
- Increase willingness to try new foods.

Preparation & Lesson Materials

Lesson handouts available at <https://www.bchd.org/schools-and-parents/nutrition-education>

- Have child sitting at a desk or table before starting the lesson.
- *Print handouts:*
 - a. *MyPlate* – Student Handout
 - b. *Benefits of Eating from the Rainbow* – Student Handout

Eating from the Rainbow

Optional – Provide your child with colorful fruits and vegetables they can try during the lesson.

Below are some examples:

- Red: red apples, strawberries, peppers, tomatoes
- Orange: carrots, peaches, oranges, papaya
- Yellow: banana, pineapple, corn, lemon
- Green: spinach, broccoli, kiwi, avocado
- Blue/Purple: grapes, blueberries, plums, eggplant



Some Fun and Healthy Facts About Fruits and Vegetables

- Apples are a member of the rose family.
- There are about 400 different varieties of oranges around the world.
- Bananas are about 70% water.
- March 26th is national spinach day.
- Eggplants are closely related to tomatoes

Livewell Kids Nutrition at Home

We know how important it is to eat a variety of fruits and vegetables. However, trying new foods is not something children might be eager to do. Below, you will find some tips that can help encourage children to try new foods.

- Lead by example! Children are more likely to try new food if they see that you are trying them too. When you make healthy eating choices, it encourages children to do the same.
- Introduce new fruits and vegetables with familiar foods! Create meals that have food they have already tried and like and introduce one new fruit or vegetable to that meal. Seeing familiar food on a plate makes new food seem less scary.
- Try and try again! It is important not to force a child into eating something new, but don't give up on trying new fruits or vegetables after the first time they reject it. Some children need to be offered a new food about 10-15 times before they acquire the taste for it.

Build your own kid-friendly wrap

Below you'll find ideas for some easy ways to make wraps. Ingredient options are endless! Have fun and switch it up by adding different fruits, vegetables and spreads. Plus, wraps are a great way to introduce children to new, healthy foods.

Regarding tortilla, pita or any bread choice, look for whole wheat products. Also, steer away from products that have hydrogenated or partially hydrogenated oils on the ingredients label.

Here are some examples of different wrap ingredients:

Fruits:	Vegetables:	Spread:
Banana Slices	Shredded Carrots	Hummus
Berries	Lettuce	Mustard
Apple Slices	Tomatoes	Basil Pesto
All Fruit Jam	Avocado	Cream Cheese
Sliced Kiwi	Bell Peppers	Nut or Seed Butter
Sliced Strawberries	Spinach	
Sliced Peaches	Cucumbers	
	Chopped Celery	



Try these delicious and simple recipes!

Crispy Veggie and Cream Cheese Wrap

- Spread some cream cheese on your tortilla
- Add Veggies like Spinach, Sliced Carrots, Sliced Cucumbers or veggies your child likes
- Wrap your tortilla and serve

Hummus and Cucumber Wrap

- Spread Hummus on your tortilla
- Add sliced Cucumbers or switch to your child's preferred choice of veggie
- Wrap your tortilla and serve

Banana and Peanut Butter Wrap

- Spread your choice of nut butter. One example is almond butter
- Add slices of banana or your child's preferred choice of fruit
- Wrap your tortilla and serve

Fruit and Cream Cheese Wrap

- Spread some cream cheese on your tortilla
- Add your choice of fruit
- Wrap your tortilla and serve

Resources

How to Handle Picky Eaters.(2010) <https://www.zerotothree.org/resources/1072how-to-handle-picky-eaters>

Education Standards

LiveWell Kids applies California Health Education and Common Core standards in each lesson.

For more information, please visit our website at <https://www.bchd.org/schools-and-parents/nutrition-education>