



LESSON PLAN: EAT A RAINBOW

National Curriculum Area/s: Health and Physical Education

Year Level(s): Pre- primary through to Year 2

LEARNING OBJECTIVES:

- Identify and learn colours
- Identify and learn the names of fruit and vegetables
- Recognise that eating different coloured fruits and vegetables are beneficial to our health.

ACTIVITY

Identify the different colours of fruit and vegetables that are the same colours in a rainbow e.g. red, orange, yellow, green, blue, purple and indigo. Cut them out from catalogues and magazines or draw and colour. Group them together in the colours of the rainbow to make a large fruit and vegetable rainbow chart.

MATERIALS AND EQUIPMENT:

- Cooking magazines, supermarket catalogues and pictures of fruit and vegetables
- Coloured pencils, crayons and textas
- Scissors
- Glue
- Large sheets of butcher's paper
- Thick textas or crayons in the colours of the rainbow

PROCEDURE:

1. Ask the students to suggest and identify the colours of the rainbow.
2. Assist the children to draw the coloured arcs of the rainbow on large sheets of butcher's paper using the thick textas or crayons.
3. Look through the cooking magazines and supermarket catalogues and identify fruit and vegetables that match the colours of the rainbow; cut these out. Alternatively students can draw and colour their own fruit and vegetables and then cut these out.
4. Name each of the fruit and vegetables and organise them into the colour groups of the rainbow.
5. Arrange and glue the different coloured groups onto the rainbow that has been drawn on the butcher's paper.
6. Discuss with the students the benefits of eating a range of fruit and vegetables from each group

MODIFICATIONS FOR OTHER YEAR LEVELS:

Use the Eating a Rainbow chart below as an opportunity for further discussion and research on the health benefits of vegetables. Ask students to track the colours of the fruits and vegetables that they eat throughout the day or plan a menu for themselves that includes all the colours of the rainbow.