



Eating the Rainbow Family Activity



INTRODUCTION

Fruits and vegetables are important for nutrition. We get a variety of vitamins and minerals from these foods. In order to get as many as possible, it is recommended to eat a variety of colors. Because not all fruits and vegetables contain the same nutrients, experts believe it is best to eat a “rainbow” of colors.

MATERIALS

- Virtual tour of [Farm + Food Lab](#) (either in person, with [photos](#), or [video](#))
- Produce
- Crayons or markers
- Two sheets of paper

INSTRUCTIONS

1. Take a tour of [Farm + Food Lab](#) (either in person, with [photos](#), or [video](#)) to learn about different healthy fruits and vegetables.
2. Tear two sheets of paper into quarter sheets. Color each sheet the colors of the rainbow found below. If the colors are not exact, that’s okay.
3. Find fruits and vegetables throughout your house, in a grocery store, or examples from the video that match the colors.
4. Once you have divided the produce by the colors of the rainbow, you now have to divide them into two groups as fruits and vegetables.
5. Fruits come from flowers and contain seeds. Vegetables are the roots, stems, leaves, and flowers from a plant. The key item to remember is “fruit contains seeds.”
6. Once you have divided your items, you can take a picture of your produce. You can even line them up in the shape of a rainbow. It’s up to you!
7. Use the your favorite produce and design a garden filled with healthy fruits and vegetables.

QUESTIONS

- Do we get more nutrients from eating one color of fruit and vegetables or many?
- What is the main difference between fruit and vegetables?





Food and Farm Lab

If you aren't able to visit the Food and Farm Lab for a tour, you can use these pictures to help with the Eating the Rainbow activity.



Artichoke



Banana



Beans



Blueberries



Orange



Peach



Raspberries



Squash



Strawberry

