



“Eat the Rainbow”



“Have you heard the phrase before?”

“What do you think this might mean?”

Introduction

Discuss the phrase “Eat the rainbow”

“Have you heard the phrase before?” “What do you think this might mean?”

Write colours of the rainbow on the board, asking children to name fruit/veg to write under each colour. Draw a rainbow and demonstrate how to place the fruit and veg into each section.



Activity

Using the rainbow template, draw different fruit and vegetables into the matching colour arch. E.g.. in the red arch draw strawberries, tomatoes, cherries.

Students should aim for at least 3 food items per colour, colouring each section once finished.

Extension: Label your rainbow or complete the sentence “We should eat the rainbow because..”



“What would happen if we didn’t eat the rainbow?”

“What if we only ate one colour of food?”

“What rainbow food do we have in our lunchboxes today?”

Reflection

Discuss what the phrase “Eat the rainbow” means, reinforcing learning from the introduction.

Pose questions: “What would happen if we didn’t eat the rainbow?”, “What if we only ate one colour of food?”, “What rainbow food do we have in our lunchboxes today?”

We would love to see your work. Email us at info@lunchfox.com.au

ACPP5003

Identity knowledge, skills & understandings that can help keep us healthy.

ACPP5003

Exploring how eating healthy foods can influence health and well-being.

WALT

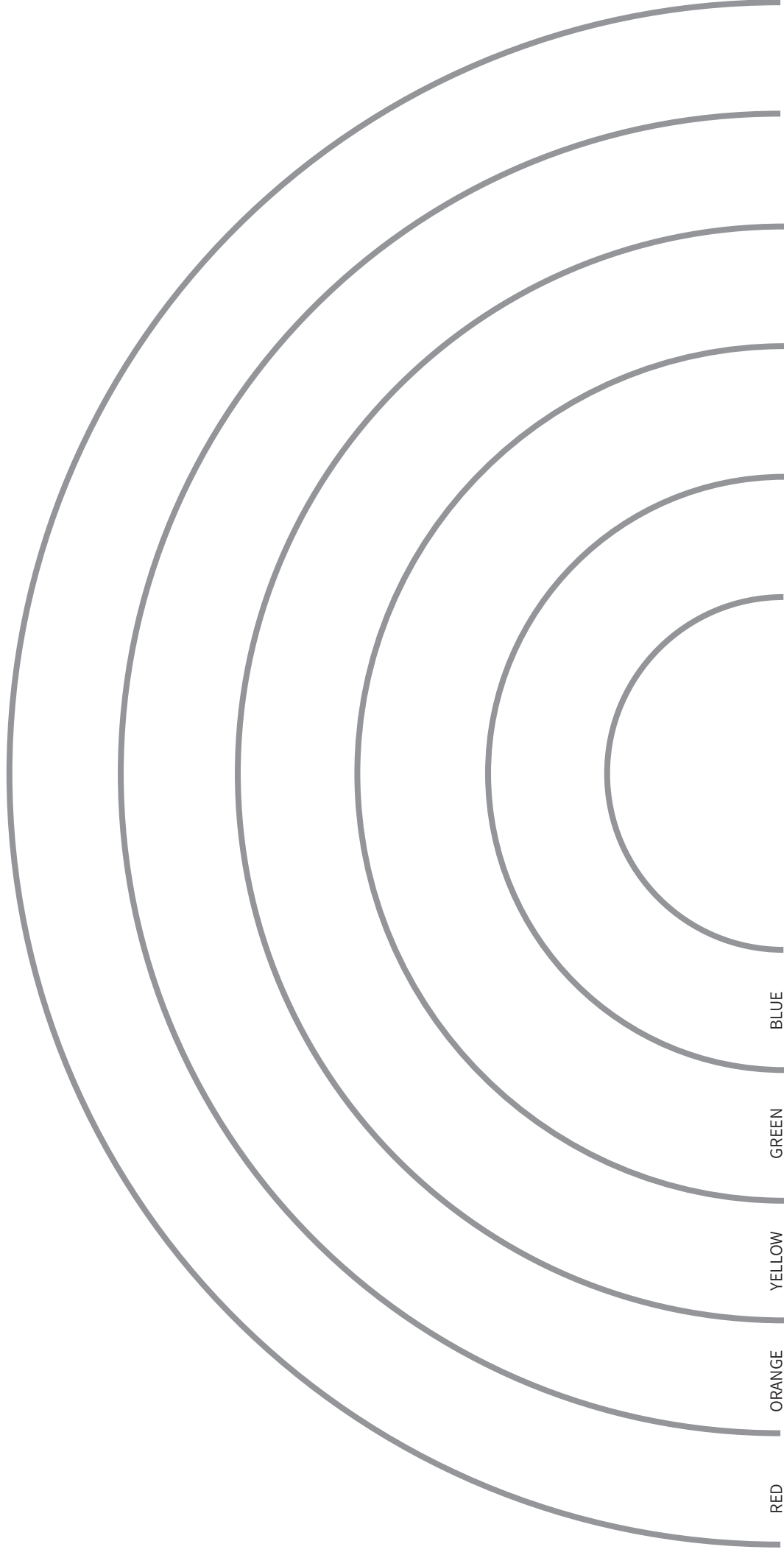
Understanding that eating lots of different coloured food is a healthy choice.

WILF

More than 3 different fruit and vegetables inside each colour of the rainbow.

“Eat the Rainbow”

Draw fruits and vegetables onto the matching colours of the rainbow.





“Eat the Rainbow”



“Eat the rainbow nutrition lesson for kids”

Introduction

Write different colours on the board: Red, orange, yellow, green, blue, purple.

Watch ‘Eat the rainbow nutrition lesson for kids’ on YouTube by Maggie Neola.

Pause after every different food colour is explained e.g.. “Yellow foods help our immune system”

Write a summary under each colour on the board, e.g.. “I am good for your immune system/I help to fight off colds”



Activity

Follow instructions to create a chatterbox using paper and scissors. On the top section write 4 different numbers. On the middle folds write 4 different colours and underneath the flaps write the corresponding reason that this coloured food is good for us. E.g.. Red: “I am good for your heart”

Extension: Create a poster detailing what health benefits come from the 6 different colours.



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Reflection

Place red, yellow, green and blue hoops on the floor. Ask a child to stand in each one. Read out statements, asking the rest of the class to identify which child (in the coloured hoop) they refer to. “I am good for your bones” (Green), “I am good for your brain (Blue), “I am good for your heart” (Red), “I am good for your eyes” (Orange).

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ACPP5018

Exploring how eating healthy foods can influence health and well-being.

ACPP5039

Accessing different sources of health information.

WALT

Understand that eating different coloured food is good for us for different reasons.

WILF

Clear reasons why 4 different coloured foods are good for us.



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Introduction

Take a look at some examples of food adverts, both healthy and unhealthy. How are they different? How are they the same?

In pairs ask children to discuss “should unhealthy food adverts be allowed near schools?” Why?

Next ask the group, “what would you like to see on a poster for Prep/ Grade 1 children? How could we appeal to them?”

Write ideas on the board, along with things we would want to avoid.



Activity

Ask the children to create a persuasive poster or trifold leaflet for new Prep children joining the school.

They need to advertise the type of foods that Preps should pack in their lunchbox. Along with persuasive reasons to explain why their food choices are important. Encourage research into different food groups and nutritional benefits.

Consider your vocabulary and the images you choose to use. How will these decisions encourage Preps to follow your advice?



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Reflection

Layout finished/in progress work on the tables, asking the group to spend some time wandering the room and looking at them all.

Coming back together discuss some of the similarities and differences. What were some of the more effective design features used? Why?

Extension: It might be nice to copy and display some of the final designs around school, maybe even displaying these during transition sessions for new parents and within Prep classrooms.

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ACPP5039

Investigate how health messages influence health decisions.

ACPP5057

Analyse health messages in the media, comparing to your interpretations.

WALT

Understand that positive messages about food are important.

WILF

A persuasive and informative poster, suitable for younger children.

