



Fruits and Vegetables

2nd grade lesson plan

GOAL

Students will recognize that eating a variety of colors (a rainbow) of fruits and vegetables provides the different nutrients their bodies need.

OBJECTIVES

1. Students will state that half their plate should be filled with fruits and vegetables.
2. Students will be able to explain why it is important to eat a healthy rainbow of fruits and vegetables.
3. Students will state that fruits and vegetables are great sources of vitamins and minerals.

MATERIALS

- Fruit and Vegetable lesson PowerPoint
- Parent handouts

REVIEW

Briefly review previous lesson.

DISCUSSION

Today we are going to talk about eat a RAINBOW! What do you think it means to eat a RAINBOW?

It means eating a rainbow of foods from the fruits and the vegetable groups – eating all colors of fruits and vegetables – Red, orange, yellow, green, blue, purple, and even white fruits and vegetables!

Before we talk more about eating a rainbow of fruits and veggies, let do some warm ups. I'm going to show you some pictures of different fruits and veggies. If you see a red food, run in place. If you see an orange food, pretend you are swimming. If you see a yellow food, do side bends. If you see a green food, do squats. If you see a blue or purple food jump in place.

Why should we eat a rainbow of fruits and vegetables? Our bodies need all the different colors because each color helps our body stay healthy in a different way. If you eat lots of colorful fruits and vegetable every day, it is easy to make your plate look like a rainbow.

What are nutrients?

Briefly review previous lesson.

Show a picture of a rainbow.

Show a picture of MyPlate indicating the Fruits and vegetable groups.

Show pictures of different fruits and veggies and have student do different activities based on their color.

Show a picture of a plate with a rainbow of colors.



Public Health

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Each color of the rainbow gives our bodies different nutrients. What are nutrients? Nutrients are chemical substances that we get from foods, that our bodies need to stay alive and healthy. When we eat a rainbow of fruits and vegetables we get many of those nutrients we need every day.

Meet Vita-Man and Mighty Mineral! Vitamins and minerals are two types of nutrients our bodies need every day and fruits and vegetables are packed with them. Vitamins and minerals do so many amazing things in our bodies that we made them into Superheroes – Vita-Man and Mighty Mineral. Together Vita-Man and Mighty Mineral have 34 different superpowers, meaning that there are 34 vitamins and minerals our bodies need to stay healthy. Let’s get to know each nutrient superhero a little better.

Vita-Man

Vita-Man has 13 different superpowers meaning there are 13 vitamins our bodies need. Vita-Man is found in all 5 of the healthy food groups. As you can tell the fruits and vegetable groups are particularly packed with vitamins. Maybe you have heard of some of them:

- Vitamin A: helps our eyes see at night
- Vitamin C: helps our cuts and bruises heal
- Vitamin D: helps our bones and teeth be strong

Mighty Mineral

Mighty Mineral has 21 different superpowers meaning there are 21 minerals our bodies need. Mighty Mineral is found in all 5 of the healthy food groups. As you can tell the fruits and vegetable groups are particularly packed with minerals. Maybe you have heard of some of them:

- Calcium: help our bones and teeth be strong
- Iron: found in your blood and carries oxygen to the rest of your body

Clearly, vitamins and minerals are really important for our bodies. If we eat a rainbow of fruits and vegetables, we get a lot of those vitamins and minerals our bodies need to grow and be strong.

Let’s review foods found in the vegetable group. Who can name a vegetable?

Let’s review foods found in the fruit group. Who can name a fruit?

Great! Now, let’s make a rainbow of fruits and vegetables and we will talk about how each color helps our bodies.

Red

Raise your hand if you can name a red fruit or vegetable. Red fruits and vegetables keep your heart healthy. That means that the vitamins and minerals in red fruits and vegetables help keep your heart healthy. Can you make a heart with your hands?

- Now repeat after me: “When I eat red fruits and vegetables, they keep my heart healthy.”

[Show a picture of Vita-Man and Mighty Mineral.](#)

[Show picture of Vita-Man found in all 5 food groups.](#)

[Show picture of Mighty Mineral in all 5 food groups.](#)

[Show a rainbow of fruits and vegetables.](#)

[Show a few pictures of vegetables.](#)

[Show a few pictures of fruits](#)

[Call on a few students to name the different color fruit and vegetables and then show pictures of the various colors of fruits and vegetables. Have students repeat after you on how that color helps their body.](#)



Orange

Raise your hand if you can name an orange fruit or vegetable. Orange fruits and vegetables help your eyes see at night. Vitamin A is a vitamin that is found in orange fruits and vegetable which helps our eyes stay healthy. Can you make glasses using your hands?

- Now repeat after me: “When I eat orange fruits and vegetables, they keep my eyes healthy.”

Yellow

Raise your hand if you can name a yellow fruit or vegetable. Yellow fruits and vegetables help your hair and your skin stay healthy. Everyone touch your skin and your hair. Feel how soft it is! Vitamin C is one of the nutrients found in yellow fruits and vegetable that helps your hair and your skin be stay healthy.

- Now repeat after me: “When I eat yellow fruits and vegetables, they keep my hair and skin healthy.”

Green

Raise your hand if you can name a green fruit or vegetable. Green fruits and vegetables help your bones and your teeth be strong. Calcium is one of the nutrients found in green fruits and vegetable (just like milk!) that helps your bones be strong.

- Show me your beautiful smiles and let’s say together, “When I eat green fruits and vegetables, they give me strong bones and teeth.”

Blue/Purple

Raise your hand if you can name a blue or a purple fruit or vegetable. Everyone point to your brain. Blue and purple fruits and vegetables help your memory – they help you remember all those great things your teachers teach you!

- Now repeat after me: “When I eat blue and purple fruits and vegetables, they help my memory.”

White/Tan

Raise your hand if you can name a white or tan fruit or vegetable. White and tan fruit and vegetables, along with all the colors, help our immune system. That is something that helps us stay strong and keeps us from getting sick.

- Let’s all make a muscle and say: “When I eat white and tan fruits and vegetables, they help keep me healthy.”

Great job making a rainbow of fruits and vegetables! We want to make sure that we are eating as many colors of the rainbow as possible everyday so that you can help every part of your body. Let’s take a look at a few plates to see if they have a rainbow of fruits and vegetable on them. The first thing we want to look for on our plate are fruits and vegetables because the other foods don’t count in the rainbow of fruits and vegetables. Once you’ve figured out which are fruits and vegetables, look to see if there is a rainbow of color.

How do you know if you are getting enough fruits and vegetables to give your body the nutrients it need? How much of your plate should be filled with fruits and vegetables? That’s right! Half of your plate should be filled with fruits and vegetables to make sure you are getting all the nutrients your body need to stay healthy.

Call on a few students to name the different color fruit and vegetables and then show pictures of the various colors of fruits and vegetables. Have students repeat after you on how that color helps their body.

Show a few plates of food with different meals. Ones with lots of color and ones with very little.



WRAP-UP

Eating colorful fruits and vegetables provides the different nutrients our bodies need, which helps us grow healthy and makes our bodies feel good.

CHALLENGE

My challenge for you is when you go to lunch, choose a different color fruit and vegetable every day and then try to finish eating your rainbow at home.

OR

Make half your plate full of fruits and vegetables at both lunch and dinner. Let's think about some examples of what your plate may look like. What are some ways you can include fruits and vegetables at breakfast?

TASTE TEST IDEAS

- Superhero Smoothie
- Fruit Salad
- Fruit Parfait
- Six plant part green salad
- Carrot, celery, cucumber sticks with hummus
- Rainbow Salad

ADDITIONAL ACTIVITIES

1. **Assemble taste test with students** – Use step-by-step cards to help students with the cooking.
2. **Make a veggie superhero (or clown face)!** Using pre-cut vegetables (celery sticks, cucumber slices, shredded carrot, olive slices, etc.), have each student create a “veggie superhero” on a small plate. Have a few students share with the class what their superhero’s power is. Afterwards, students eat the vegetables. Serve with hummus or yogurt dip, if desired.
3. **Guess the Fruit or Vegetable** – Ask for a student volunteer. This child stands in front of the class while you hold a fruit/vegetable picture over his/her head. The student asks questions to their classmates to get clues about the name of the food. For example: Which food group is it in? What color is it? Is it eaten hot or cold? How does it grow? What part of the plant is it?
4. **Fruit & Vegetable Matching game** – match the inside of the food to the picture of the outside of the food. Can be done spread out on the floor or table, or have students hold up the pictures.
5. **Make MyPlate a Rainbow Plate** – using pictures or food models, make a 1 color meal and have the students improve it by adding fruit and vegetables to the meal.
6. **Color Call** – Students form a seated circle. Pick one student to start with a bean bag (or F/V plush toy). The student with the bean bag tosses it to someone in the circle and calls out the color. The player who catches the bean bag says the name of a fruit or vegetable of the color called. They then throw it to another player in the circle while calling out another color. Encourage students to name fruits and vegetables that have not already been called. Play enough rounds so every student has a turn. (Adapted from Oklahoma Ag in the Classroom, Fruit and Veggie Games.)
7. **Tossed Salad** –Have the students form a circle with their chairs. Give every player one of the fruit or veggie cards (can also use plush toys). Ask a volunteer to be the grocer, have s/he move to the center of the circle and remove their chair from the circle. The grocer in the circle calls out a color and sits down. Every student who has a picture of a fruit or vegetable of that color has to get up and find another seat. The student left standing is now the grocer. The new grocer can call another color. At any time the grocer can choose to call “tossed salad” at which time everyone gets up and has to find a new seat. Play enough rounds that everyone who wants a



turn to be the grocer can be the grocer. (Adapted from Oklahoma Ag in the Classroom, Fruit and Veggie Games.)

8. **Read a story** – *Rabbit Food* by Susanna Gretz; *The Ugly Vegetables* by Grace Lin; *I Will Never NOT EVER Eat a Tomato* by Lauren Child
9. **Fruit and Vegetable Riddles** –
 - I am a very large fruit. It takes two hands to carry me. I am green on the outside and red on the inside. I have lots of black seeds that are fun to spit! What am I? (WATERMELON) What color is the part we eat? (RED)
 - I am long and orange and have a green top. I am a root vegetable which means I grow under the ground. I have vitamins that help you see better at night. Bunnies like to eat me. What am I? (CARROT) What color is the part we eat? (ORANGE)
 - My sweet kernels are yellow and sometimes white. You'll find me wrapped in a green husk. When you eat me you are really eating seeds. Even though I am an ear, I cannot hear. What am I? (CORN) What color is the part we eat? (YELLOW)
 - I am a green vegetable. I look like a tiny tree. When you eat me you are really eating a flower. I taste great with cheese. What am I? (BROCCOLI) What color is it? (GREEN)
 - I am a small round fruit. I come in bunches. I can be purple, red or green. When I am dried in the sun, I become a raisin. What am I? (GRAPE) What color is it? (PURPLE)

PARENT HANDOUTS

- Today in Nutrition Class...fruits and vegetables (English and Spanish)

STUDENT HANDOUTS

- Edible Plant Parts
- Plant Parts We Eat
- Eat a Rainbow of Fruits and Vegetables
- Decode the Secret Message
- F&V Word Search

