



Nutrition Education for Life

FRUITS & VEGETABLES

Eat a Rainbow!

The Five Food Groups



Farrah Fruit
The Fruit Group



Reggie Veggie
The Vegetable Group



Jane Grain
The Grains Group



Mary Dairy
The Dairy Group



Dean Protein
The Protein Foods Group



The Protein Foods Group

Let's Review



Jane Grain

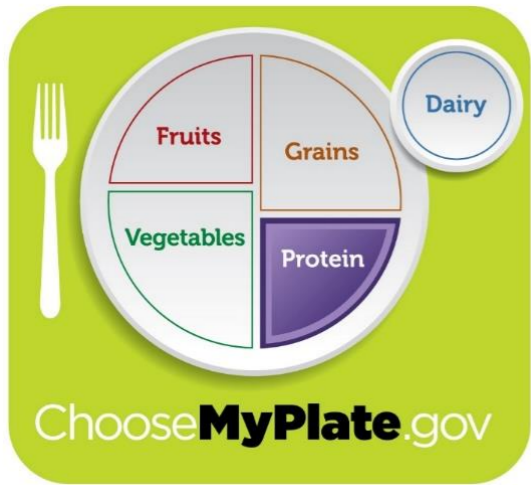


ENERGY

to

LEARN, MOVE, and PLAY



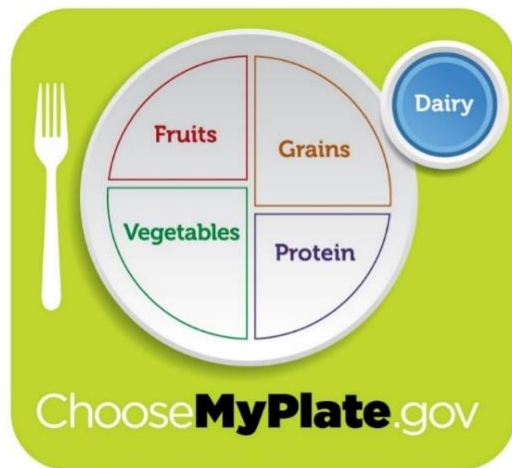


Dean Protein

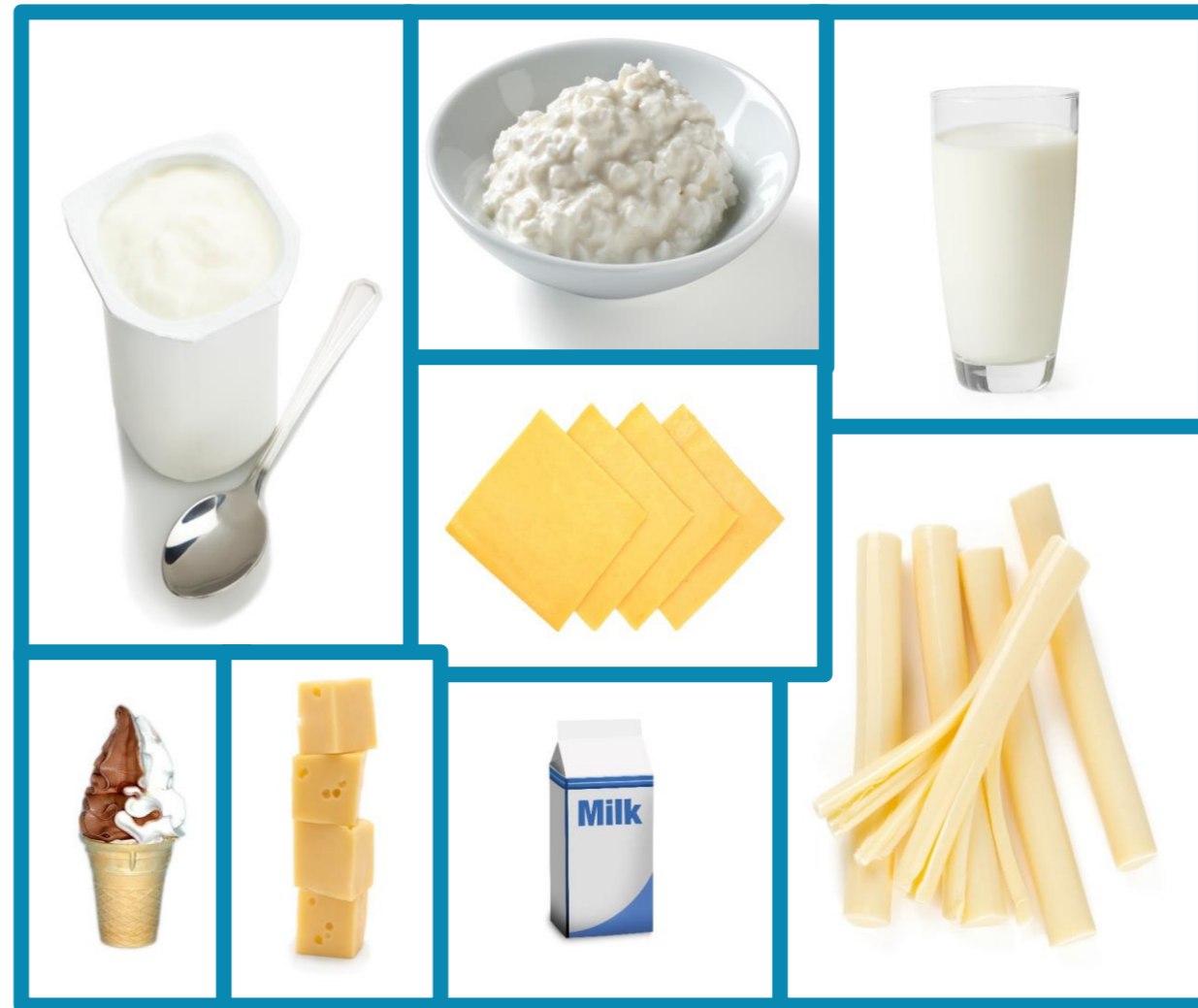


HEAL





Mary Dairy



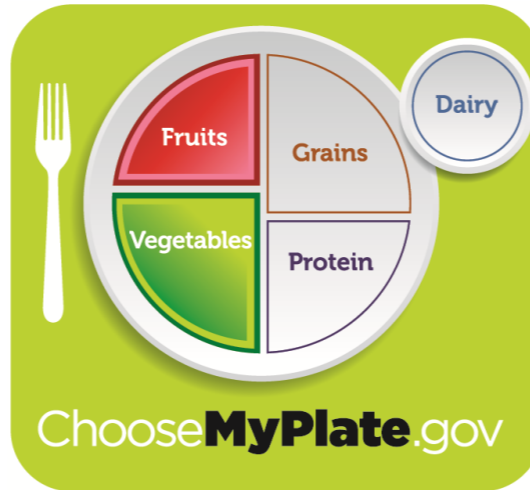
Calcium
Builds Strong
**BONES &
TEETH**





EAT a **RAINBOW**

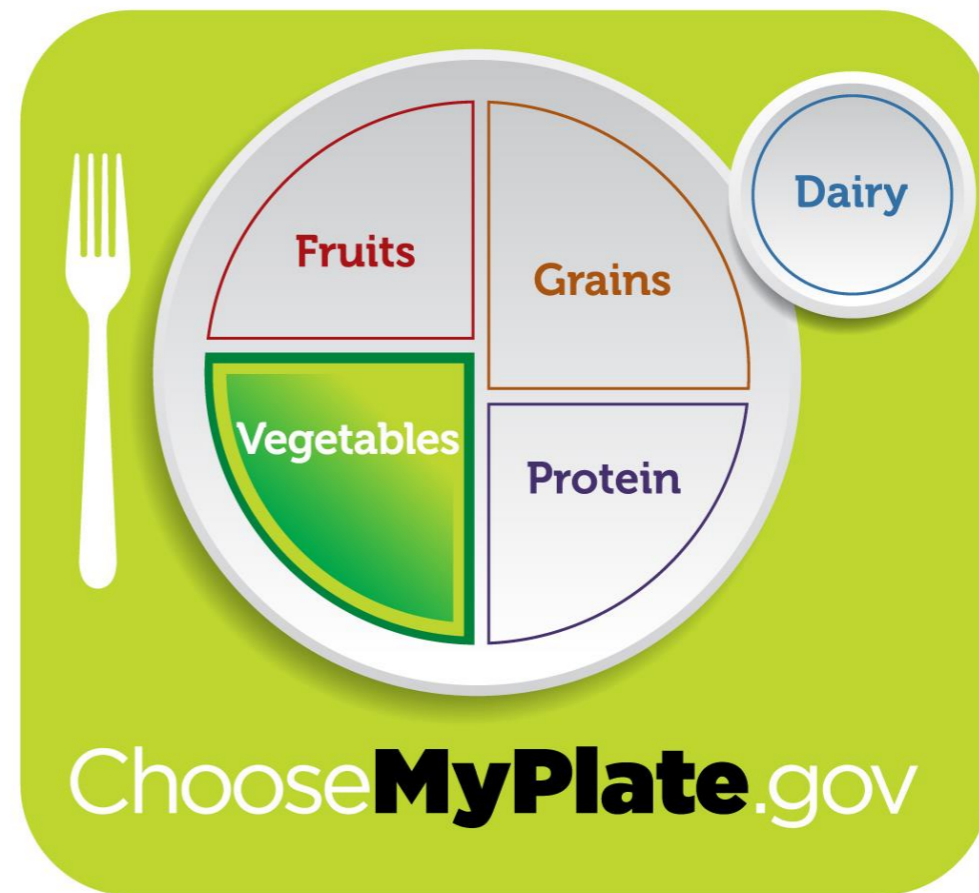




Meet Reggie Veggie & Farrah Fruit

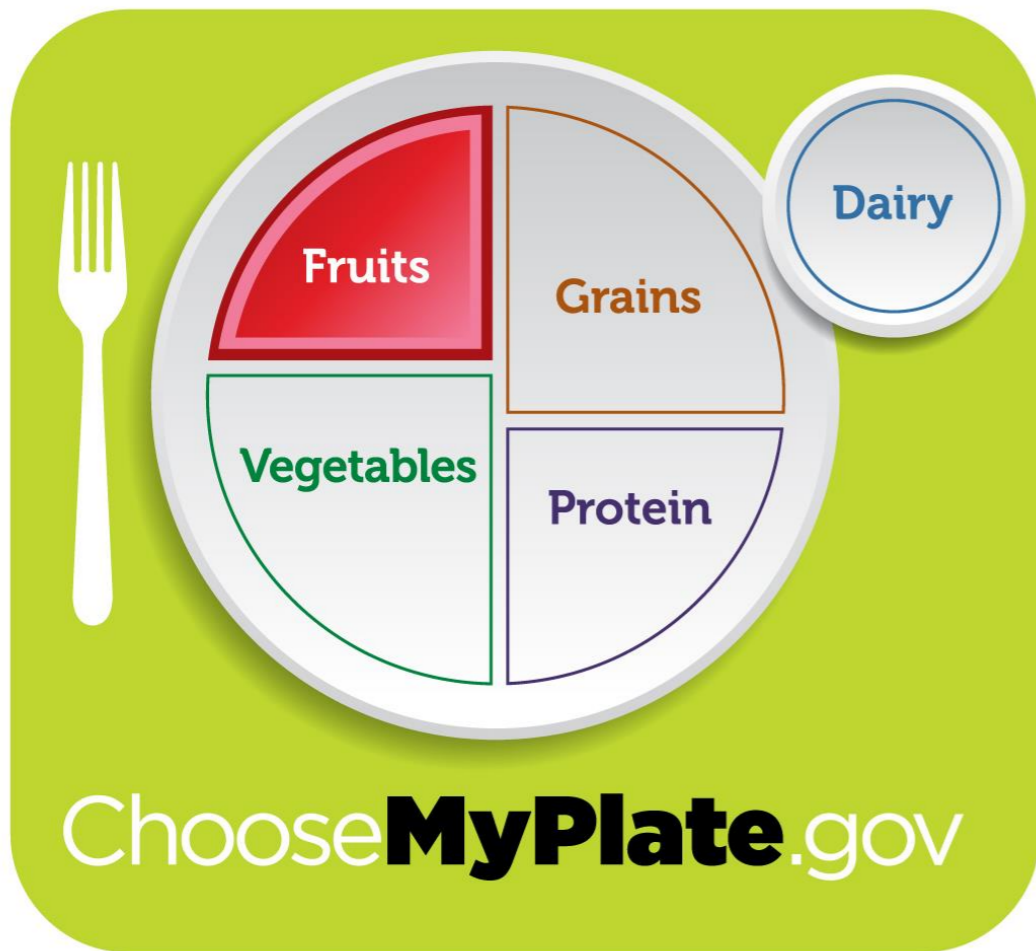


Reggie Veggie



VEGETABLES





Farrah Fruit

FRUIT



Let's warm up with **VEGGIES!**



RED
= run in
place



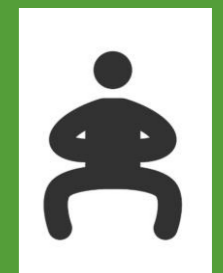
ORANGE
= lunge



YELLOW
= balance on
one leg



GREEN
= squats



**BLUE/
PURPLE**
= jump



**White /
Tan**
= twist



Let's warm up with **FRUIT!**



RED

= run in
place



ORANGE

= lunge



YELLOW

= balance on
one leg



GREEN

= squats



**BLUE/
PURPLE**

= jump



**Brown/
White**

= twist



Nutrients = things found in foods that help us grow and stay healthy.

Vitamins and Minerals



Phytonutrients



Over 1000

RED Fruits and Vegetables



ORANGE Fruits and Vegetables



Helps you **See** at Night

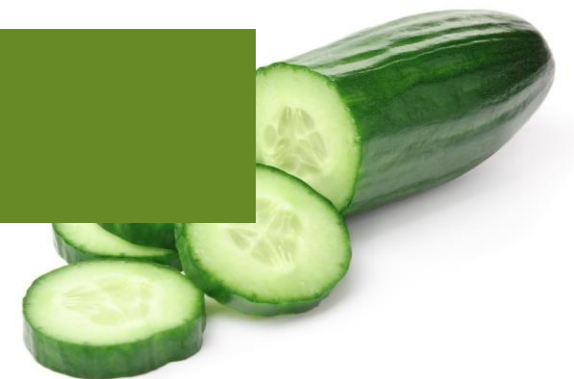


YELLOW Fruits and Vegetables



Keep your **HAIR** and **SKIN**
healthy!

GREEN Fruits and Vegetables



Fight illness

BLUE/PURPLE Fruits & Vegetables



Brain health and MEMORY!



WHITE/Tan Fruits and Vegetables

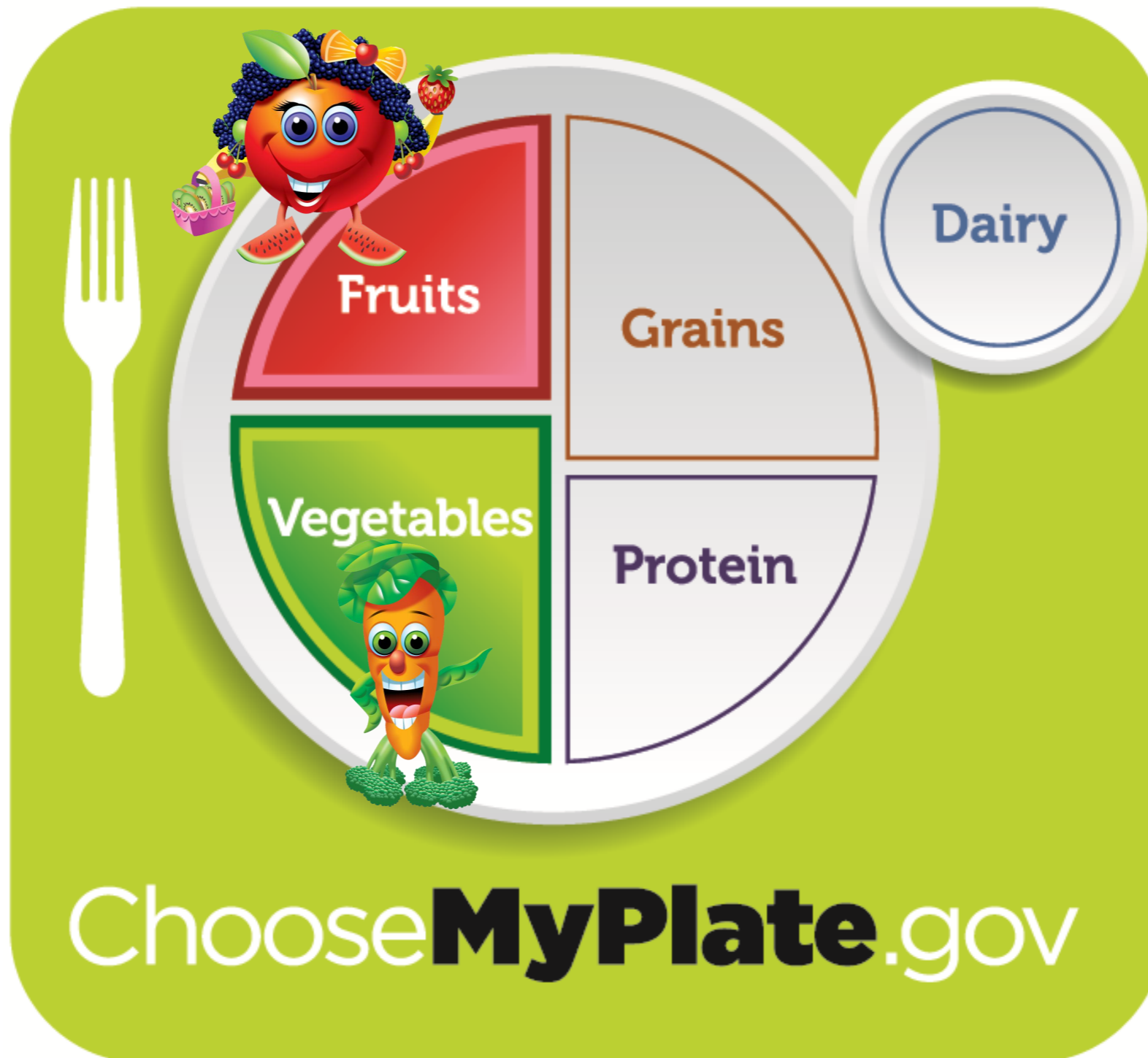


Protects against GERMS!



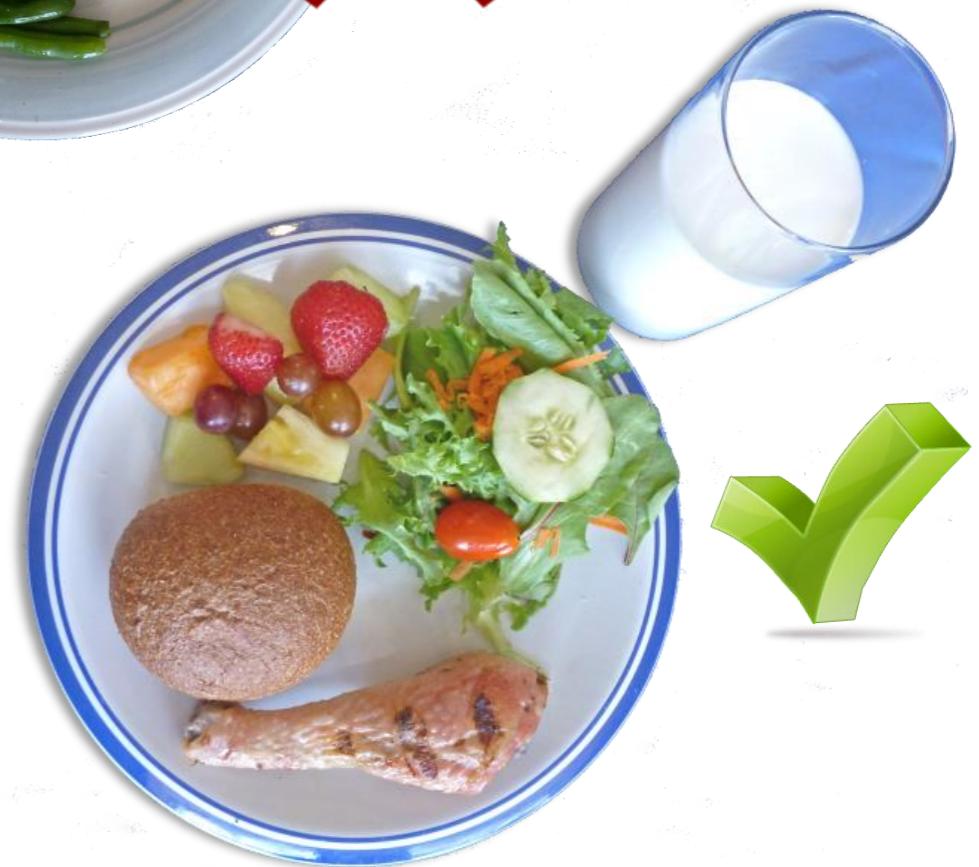
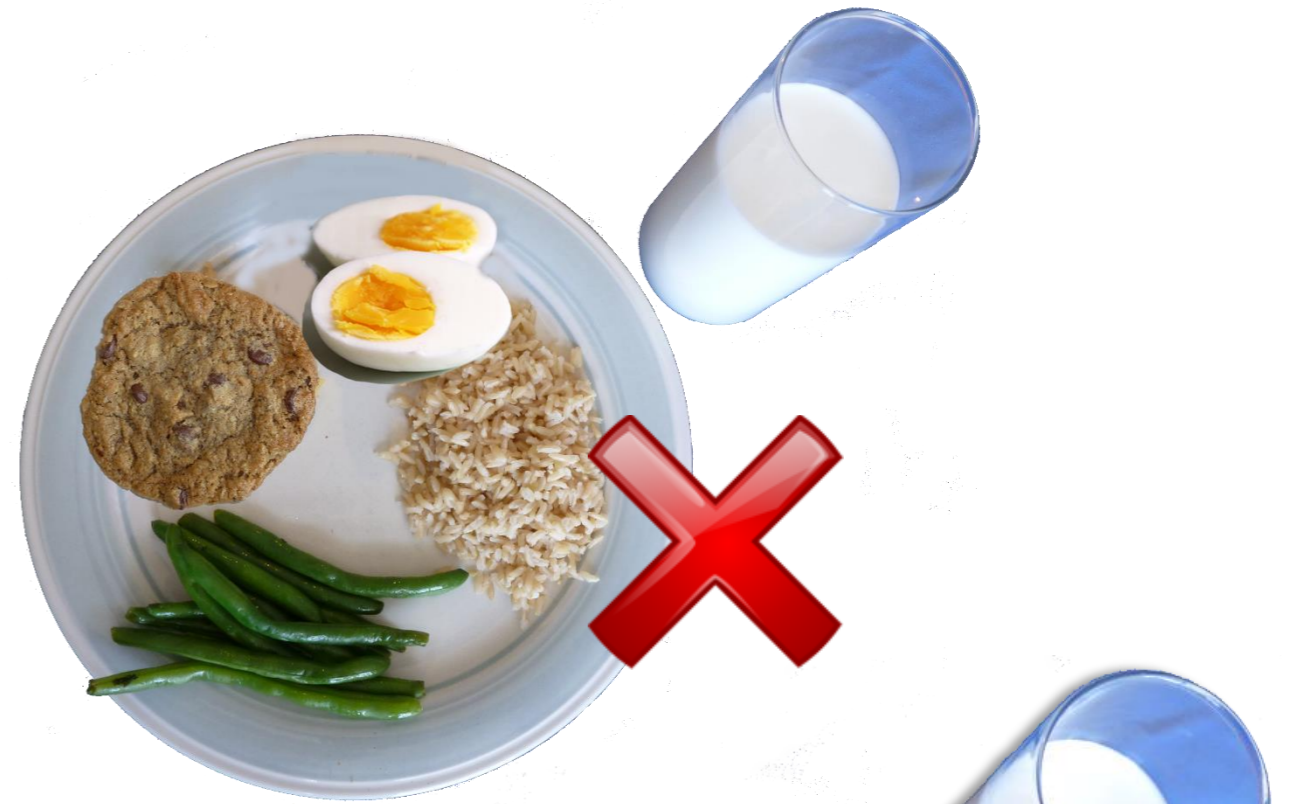
Rainbow = Phytonutrients

Fill **HALF** your plate with
fruits and veggies!



Choose **MyPlate**.gov

Which plate has a *healthy rainbow*?



Grab a *fruit* or *veggie*
as part of a *snack*!



Which snack has a colorful fruit or veggie?



Quick

Quiz!

TRUE or FALSE?

A nutrient is something found in our food that helps us grow and stay healthy.



TRUE



FALSE

TRUE!



Eat foods from all 5 food groups to get all the nutrients you need!



TRUE or FALSE?

It is healthy to eat vegetables just once a day and to only eat yellow vegetables.



TRUE

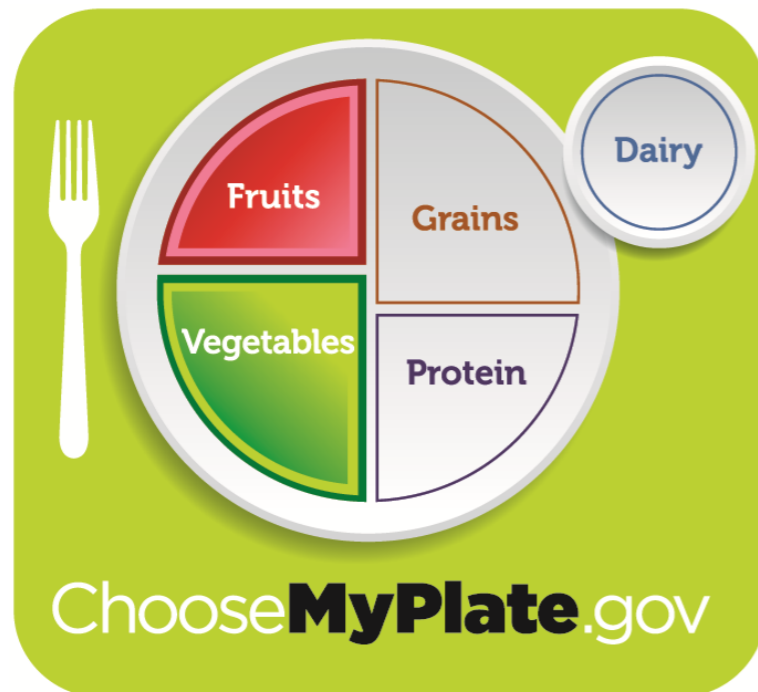


FALSE

FALSE



Make HALF of your plate fruits and
veggies at lunch and dinner.
EAT THE RAINBOW of fruits and veggies!



TRUE or FALSE?

Eating colorful fruits and vegetables give our bodies phytonutrients.



TRUE



FALSE

TRUE!



Fruits and vegetables
give our bodies

Phytonutrients

that keep us healthy.

CHALLENGE!

Eat a **RAINBOW!**

Today or tomorrow at lunch, see how many different colors you can have on your plate.



You Are What You Eat - Wayne Brady music video



Search



Wayne Brady - You Are

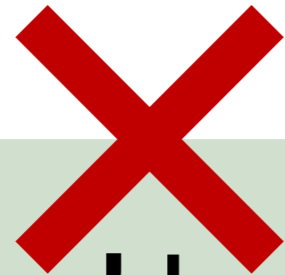
YouTube TV is now available

**SHOP
the
RAINBOW**

**Fruits & Vegetables
WORKSHEET!!**

Let's Taste

Don't Yuck My Yum!



Don't say

Nasty

Disgusting

Gross

Ewwwww



Do say

That's new

That's different

I've never tasted
that before

It's not to my taste
but I'm glad I tried it!

Describe what you taste!

Salty

Sweet

Savory

Crunchy

Soft

Chewy

Dry

Moist

Tangy

Sour

Mild

Fruity

Spicy

Flavorful

Zesty

Creamy