

HEALTHY EATING









Nutrition FREEBIE



Name: _____

I Can Eat a Rainbow!

Directions: Draw or glue pictures of fruits and vegetables for each color of the rainbow.

 RED		 GREEN	
 ORANGE		 BLUE	
 YELLOW		 PURPLE	

BY: CURRICULUM CASTLE

Eat a Rainbow!

Materials

- "I Can Eat a Rainbow" printable
- scissors
- glue
- crayons or markers
- grocery advertisements/magazine clippings
- *Optional: laminator or sheet protectors*

Directions:

1. Print and copy the "I Can Eat a Rainbow" printable on page 4.
 2. Students can color in each crayon with the matching color word.
 3. Have students look through grocery ads or magazines for pictures of colorful fruits and vegetables. Cut and paste at least one picture for each color. (They can skip this step if you prefer they draw pictures instead).
- * Students can take these home as a reminder to eat a "rainbow" every day!

Extension:

You can extend this activity by having a healthy rainbow snack. Bring in colorful fruits and veggies. Laminate the completed student printables or place in sheet protectors to act as a placemat. Have students place the fruits and veggies on each color of the placemat. This is a fun way to celebrate healthy eating!



Eat a Rainbow Every Day!

Ideas of foods for each color of the rainbow:

tomatoes, raspberries,
strawberries, watermelon

carrots, mangos, oranges,
peaches

yellow peppers, banana,
pineapple, lemon

broccoli, spinach,
cucumbers, celery

blueberries

grapes, blackberries, figs,
plums

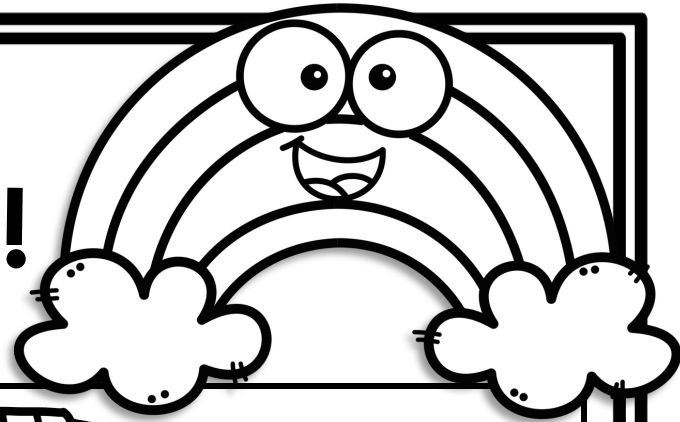


CURRICULUM
Castle

Name: _____

I Can Eat a Rainbow!

Directions: Draw or glue pictures of fruits and vegetables for each color of the rainbow.



Click here for our Prek & K NUTRITION UNIT

HEALTHY EATING

Nutrition and Food Groups



**Prek
& K**

BY: CURRICULUM CASTLE

Recommended Book List!
Eat Healthy, Feel Great by William Sears
Bread & Eggs Eat a Rainbow by Kathryn Kamp Dayley
The Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain
Good Eatin' by David A. Katz, Charles S. Engelke

The Five Food Groups Mini Book
milk yogurt
bread rice
meat beans
cheese
crackers pasta
eggs fish
broccoli carrot
peas
vegetables

I'm a Healthy Eater Song
I'm a healthy eater
watch me eat
from the different
food groups -

My Healthy Plate
Fruits Grains Dairy

protein
steak fish
honey bear eggs
eggs

vegetables
eggplant green broccoli
peas

fruits
grapes watermelon apple
orange

grains
rice bread
crackers

dairy
yogurt milk
cheese

fruit
grapes watermelon
banana apple

my healthy meal!

Market List ABC Order
Name: _____
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
ham
bread
cheese
yams

Fruit & Veggie Taste Test
Name: _____
Vegetables () () ()
Fruit () () ()

my healthy meal!

Market List ABC Order
Name: _____ date: _____
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
ham
bread
cheese
yams

Which is your favorite fruit?

Which is your favorite vegetable?

I'm a School Chef!
Directions: Cut and paste the pictures of the food items that you like to eat. Label each item with the name of the food item.

School Lunch Sorting!
Name: _____
Healthy Choice Unhealthy Choice

Finger play
Five little veggies time to eat some more
Just ate one, that leaves me four.
One ate up 2 fingers then 3
Four little veggies healthy as can be,
Just ate one, that leaves me three.
One ate up 1 finger then 2
These little veggies now it's time to go!

veggie survey!
Name: _____
Directions: Color the pictures of the vegetables that got the MOST votes. Vegetable that got the MOST votes.
number of votes _____

I can eat healthy!

I can eat a rainbow!
Name: _____
Directions: The more colors you can see on your plate, the healthier your meal. Color the pictures of the vegetables that got the MOST votes. Vegetable that got the MOST votes.
number of votes _____

THINK about what you DRINK!
Name: _____
Directions: The more sugar you can see on your label, the healthier your drink. Color the pictures of the drinks that got the MOST votes. Drink that got the MOST votes.
number of votes _____

Click here for our 1st & 2nd grade NUTRITION UNIT

HEALTHY EATING

Nutrition and Food Groups



1st & 2nd

BY: CURRICULUM CASTLE

Recommended Book List!

Food from the Garden of Your Back by Susan W. and Heidi Lind (recommended literacy)

Eat Healthy, Feel Great! by William Sears Give It a Go, Eat a Rainbow by Kathryn Ramp (activity)

The Generation Bears, and Too Much Junk Food by Stan and Jan Berenstain

dairy

The foods in this group are excellent sources of calcium. Calcium is important.

fruits

Fruit provides many vitamins, minerals and fiber that help our body.

grains

Whole grain foods supply our bodies and mind with the energy it needs.

protein

Our bodies use protein to maintain and repair the tissues in our bodies. Our muscles and organs are...

vegetables

Like fruits, these foods give our bodies the vitamins and minerals we need to stay healthy. It's important.

Good Nutrition

Name: _____

Directions: Nutrition is how we get the food we need to grow strong and healthy. Eating the right foods is especially important for kids because they are all growing. The more vitamins and minerals you eat, the stronger and healthier you become. These foods will help your body work and protect it from the bad. Eating a variety of fruits and vegetables will always mean from foods high in fiber and sugar is a great start to getting enough vitamins and minerals into your body!

Directions: Draw a line to match the food to the correct group.

dal

Frui

veget

The 5 Food Groups

Name: _____

Directions: There are five main food groups that you should eat every day. Write and draw a variety of foods from each group you can get that children you need to stay healthy and grow to full and strong as you should be. Here are some examples of foods from each group.

GRAINS: bread, rice, pasta, oatmeal

DAIRY: cheese, milk, yogurt

What Are Calories?

Name: _____

Directions: This means how much energy is in food with calories. We get calories when we eat. These calories will help us grow. When you eat more calories than your body needs, then your body stores the calories in fat. If you use more calories than you eat, then your body will burn an stored fat.

Directions: Read each one and write the correct row under.

Calories

vegetables

grain

dairy

My Plate

Name: _____

Directions: Read each one and write the correct row under.

The United States Department of Agriculture (USDA) created this picture of a plate to help us make sure we get all the nutrients we need for our bodies.

1. My plate shows the six major food groups.

2. There should be more vegetables than fruit on my plate.

3. My plate was...

My Healthy Plate

My Healthy Plate

breakfast

vitamin & mineral research

Name: _____

Directions: Write the name in a box to create a healthy and delicious sandwich for my friend. Write your name in the box.

name: _____ good for: _____

vitamin or mineral

Found in: _____ Draw one food with this vitamin or mineral.

How to Make a Sandwich!

Name: _____

Directions: Write the name in a box to create a healthy and delicious sandwich for my friend. Write your name in the box.

veggie survey

Name: _____

Directions: What is your favorite vegetable? Record your answer by writing in one box above the vegetable of your choice. You can do 10 more and then graph the results to show the top 10 most popular!

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

The vegetable that got the MOST votes was _____

let's get healthy!

Name: _____

Directions: Food the ground and draw a picture.

It is important to eat healthy because...

Market List ABC Order

Name: _____

Directions: Cut and paste the words in ABC order to create a grocery list.

ham

bread

cheese

grapes

bananas

I'm a Healthy Shopper!

Name: _____

Directions: Use this as a grocery list! Make a list of each item you need to buy. Write the name of each item in the box in the space to show your items.

fruits

vegetables

Fruit & Vegetable Taste Test

Name: _____

	Fruits	Vegetables
Monday	😊	😊
Tuesday	😊	😊
Wednesday	😊	😊
Thursday	😊	😊
Friday	😊	😊

fruit and veggie track

Name: _____ Date: _____

Directions: Use this to track your fruit and vegetable intake each day.

Monday	🍎	🍌
Tuesday	🍎	🍌
Wednesday	🍎	🍌
Thursday	🍎	🍌
Friday	🍎	🍌

I can eat a Rainbow!

THINK about what you DRINK!

Name: _____

Directions: Use this to track your water intake each day.

water

sugars

sugars

Credits & Considerations

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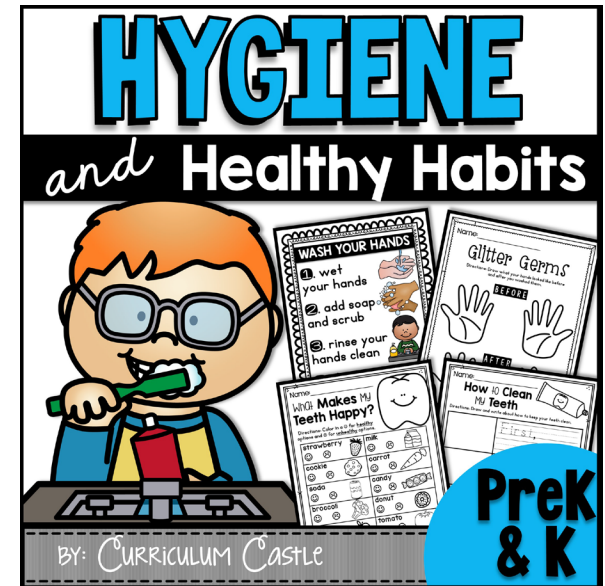
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