

HEALTHY EATING

Nutrition FREEBIE



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 place mat. 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

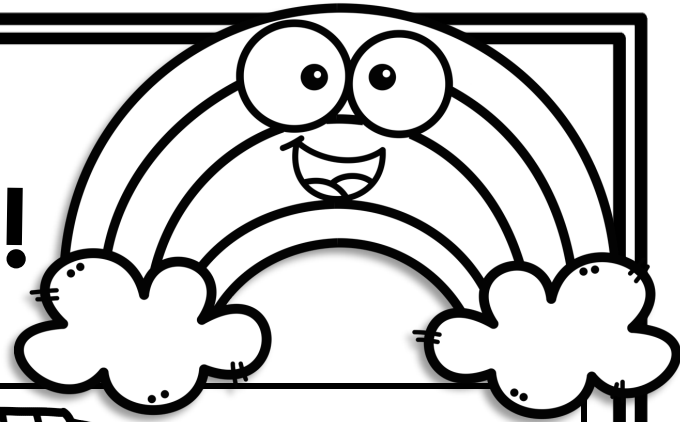
grapes, blackberries, figs,
plums



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



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HEALTHY EATING

Nutrition and Food Groups



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1st &
2nd

Recommended Book List!

Food from A to Z by Jane Yolen
Eat Healthy, Feel Great by William Sears
Give it a Go, Eat a Rainbow by Kathryn Kamp
The Berenstain 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 for strong bones and teeth.

fruits

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

grains

Whole grain foods supply our bodies with energy and help us think.

protein

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

vegetables

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

Good Nutrition

Directions: Read each sentence and decide if it is good or bad for you. Write G for good or B for bad.

1. Eating a variety of fruits and vegetables is good for you. (G)

2. Eating a lot of sugary snacks is bad for you. (B)

3. Drinking water is good for you. (G)

4. Eating a lot of fast food is bad for you. (B)

The 5 Food Groups

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

1. Milk (Dairy)

2. Apple (Fruit)

3. Bread (Grains)

4. Cheese (Dairy)

5. Carrot (Vegetables)

What Are Calories?

Directions: Read each sentence and decide if it is true or false. Write T for true or F for false.

1. Calories are the energy that food gives us. (T)

2. We need calories to keep our bodies moving. (T)

3. Eating too many calories is bad for you. (T)

4. Calories are only found in food. (F)

My Plate

Directions: Read each sentence and decide if it is true or false. Write T for true or F for false.

1. My plate should have a variety of food groups. (T)

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

3. My plate should have a lot of dairy. (T)

My Healthy Plate

Directions: Draw a healthy plate with a variety of food groups.

1. My plate has a variety of food groups.

2. There are more vegetables than fruit on my plate.

3. My plate has a lot of dairy.

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Breakfast

Directions: Draw a healthy breakfast with a variety of food groups.

1. My breakfast has a variety of food groups.

2. There are more vegetables than fruit on my plate.

3. My breakfast has a lot of dairy.

Market List ABC Order

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

1. ham

2. bread

3. cheese

4. yams

5. grapes

6. banana

Vitamin & Mineral Research

Directions: Write the name of a vitamin or mineral and its benefits.

1. Vitamin C: helps with immunity and keeps skin healthy.

2. Calcium: helps with strong bones and teeth.

How to Make a Sandwich!

Directions: Write the steps to make a sandwich in order.

1. Get the bread.

2. Spread the butter.

3. Add the meat.

4. Add the cheese.

5. Add the vegetables.

6. Close the sandwich.

veggie survey

Directions: What is your favorite vegetable? Record your answer by writing in the box above the vegetable of your choice. You can also draw a picture of your favorite vegetable in the box below.

1. Carrot

2. Broccoli

3. Spinach

4. Cucumber

5. Zucchini

Let's Get Healthy!

Directions: Draw a healthy meal with a variety of food groups.

1. My meal has a variety of food groups.

2. There are more vegetables than fruit on my plate.

3. My meal has a lot of dairy.

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

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I'm a Healthy Shopper!

Directions: Use this as a grocery list. Draw a picture of each item you need to buy.

1. Fruits

2. Vegetables

3. Dairy

4. Grains

Fruit & Vegetable Taste Test

Directions: Try each fruit and vegetable and decide if you like it or not. Write L for like or N for no.

1. Apple (L)

2. Banana (L)

3. Carrot (L)

4. Cucumber (N)

5. Zucchini (N)

Fruit & Veggie Tracker

Directions: Track your fruit and vegetable intake for a week.

Monday: 1 fruit, 1 vegetable

Tuesday: 1 fruit, 1 vegetable

Wednesday: 1 fruit, 1 vegetable

Thursday: 1 fruit, 1 vegetable

Friday: 1 fruit, 1 vegetable

I Can Eat a Rainbow!

Directions: Draw a rainbow with a variety of food groups.

1. Red: strawberries, tomatoes, watermelon

2. Orange: carrots, oranges, pumpkins

3. Yellow: lemons, limes, corn

4. Green: broccoli, spinach, kiwi

5. Blue: blueberries, grapes

6. Purple: plums, grapes

Market List ABC Order

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

1. ham

2. bread

3. cheese

4. yams

5. grapes

6. banana

THINK about what you DRINK!

Directions: Draw a picture of each drink you need to buy.

1. Water

2. Milk

3. Juice

4. Soda

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