

Colors of Food

Objectives:

- Students will learn the different colors of food
- Students will improve motor skills
- Students will work on presentation skills

Materials:

- Lots of food magazines with many different pictures in them
- Large sheets of paper
- Glue sticks

Preparation:

Get 4 large sheets of paper and put one of four titles on top of each: red, orange, green and purple.

Bring out several food magazines, scissors and glue sticks.

Introduction:

Ask children what are their favorite snacks. As they begin to list off foods, point out the color of each food. Focus on the fact that foods can be a wide range of colors. Tell the kids that eating different colored foods is not only good because it looks pretty, but also means you get a wide range of nutrients. State how this approach is being taken in their very own garden by trying to produce foods of varying colors.

Activity:

1. Split the class up into four groups.
2. Give each group one large sheet of paper and a handful of magazines and scissors.
3. State how each group was given a different color: red, orange, green or purple.
4. Their task is to go through the magazines and find examples of foods that are their color.
5. They must then use the scissors to cut out the foods.
6. Then they will use the glue sticks to stick the pictures of the food onto their sheet of paper.
7. If the children are old enough, have them write the names of the food underneath the picture.
8. After a given amount of time have the children stop and bring the class back together.
9. Have each group present their poster. As they state the foods that they cut out, write their names underneath the picture.
10. After each group has presented you can hang the posters up on a wall in the room.

Wrap Up:

Ask the children what they have learned from these activities. Tell them that what they did goes beyond just pointing out that foods can be a variety of colors. In reality the different colors represent

different health benefits of each food. Talk about how it is important to get a variety of colors when they eat in order for them to get all of the nutrients they need to be healthy and active children.

Extension:

If possible, bring in an example of one food for each color (e.g. tomato for red, carrots for orange, broccoli for green and eggplant for purple). Or if each color is represented in the garden outside, pick one of each color. Cut up the foods so that each kid can have a bite of each colored food and reflect on the differences of each one.

Sources:

<http://lessons.atozteacherstuff.com/94/nutrition-unit/>