

Materials	Healthy ingredients of choice
Learning Outcome	Prepare a healthy meal and recognize that fruits and vegetables with different colours provide different nutrients.

Description

Explain to the child that it is important to eat fruits and vegetables of a variety of colours because these foods contain different nutrients that are important for our health. Share the points below with the child.

- Red foods are good for our heart and help protect against illnesses.
- Orange and yellow foods are good for our eyesight, our heart, and our joints.
- Green foods are good for our digestive system, help us to fight germs, and help our bodies heal.
- Blue and purple foods keep our brains strong and protect against illnesses.
- White and brown foods keep our bones strong, are good for our heart, and help to protect against illnesses.

Support the child with planning and preparing their own rainbow lunch with fruits and vegetables that are available. Ensure that an adult washes and chops the fruits and vegetables. Examples of healthy foods that can be used are provided below.

- Red – raspberries, tomato, watermelon, red peppers, strawberries, cherries, beets, guava, rhubarb, blood oranges
- Orange and Yellow – carrots, lemon, jackfruit, sweet potato, corn, squash, orange and yellow peppers, cantaloupe, papaya, pineapple
- Green – broccoli, kiwi, green apples, lettuce, bok choy, zucchini, okra, cucumber, avocados, peas, green beans, green grapes, asparagus, romanesco
- Blue and Purple – blueberries, purple cabbage, blackberries, mangosteen, eggplant, plums, prunes, figs, pomegranate
- White and Brown – cauliflower, potatoes, mushrooms, oca, salsify, bananas, plantains, turnip, parsnips, radishes

While preparing the rainbow food meal, discuss with the child ideas for ensuring they make eating a rainbow of fruits and vegetables part of their healthy eating habits.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- If there is a colour of food you do not enjoy? What ideas do you have to make sure you are still able to eat some foods of this colour?
- What snacks or meals can you think of that incorporate healthy foods of different colours?