

EATING THE RAINBOW (Grades 1-3)

Focus Lesson: Eating the Rainbow

Materials:

Eating the Alphabet by Lois Ehlert
Market Day by Lois Ehlert
 Crayons
 Blank Paper
 Optional: individual blank rainbow templates

Time: 1 hour

***Common Core Standards:**

CCSS.ELA-Literacy.RL.3.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

Thinking Skill: Making personal connections to literature

Objective:

Students will understand what a market is
 Students will consider what types of foods are different colors
 Students will understand why it is important to eat naturally colorful foods (i.e. fruits and vegetables)
 Students will make their own food rainbow, with the colorful foods they like

Connection:

Students will use literature in order to consider their own diets.

Explicit Instruction:

Introduce the book: Have any of you ever been to an outdoor market? Share their experiences. Begin by reading *Market Day* by Lois Ehlert.

- What is a market? How is an outdoor market different from an indoor market or a grocery store?
- What kind of foods do people get at a food market?
- What kinds of foods did the characters in the story bring to the market?
- If you were going to a market, what would you buy?

Now we are going to read another book *Eating the Alphabet* by Lois Ehlert. Read interactively and invite them to share about foods they know, what they taste like, look like, etc.

- What did you notice about the foods in the book?
- The foods all started with different letters of the alphabet but what else was different about them?

Exactly! The foods were all different colors and they are all fruits and vegetables!

- What kinds of foods were colorful?
- Could you tell me a green food that was mentioned in the book?
- How about a red food that was mentioned in the book?

Why is it important to eat colorful foods? Why would your doctor tell you to eat a rainbow of colors? Colorful foods have important vitamins and nutrients in them. Carrots contain Vitamin A which is good for our eyes. Oranges are loaded with Vitamin C which help the body's immune system and also promotes wound healing. Green leafy vegetables are loaded with folic acid which helps make red blood

cells. Vegetables also help keep our digestive systems healthy, etc.

Today we are going to be making our own food rainbows. Reveal a picture of a rainbow on the smart/white board. Explain to the students that they will use the colors and shape of the rainbow to create a food rainbow, except instead of coloring their rainbow lines in they are going to draw their favorite foods that are that color on the rainbow line. (Provide blank rainbow template for students to draw in if necessary and age appropriate.)

Can you think of any fruits and vegetables that were not mentioned in the alphabet book?

Independent Practice:

Have students create their own food rainbows using fruits and vegetables that they eat and enjoy. Circulate the room prompting students to think back to the foods that were talked about in the books today and answering their questions.

Reflection – Group Share:

Have students bring their individual rainbow drawings to a group meeting space.

Wow! Students you have some beautiful food rainbows that I am seeing! During questioning and reflection encourage students to refer to their individual rainbows.

- I am wondering what you notice about the foods you drew on your rainbows?
- Did anyone draw any foods that we heard about today in our books?
- What kinds of foods did you draw?
- What are your favorite fruits and vegetables?

Reading list:

Eating the Alphabet by Lois Ehlert
Market Day by Lois Ehlert

Teacher Note:

For teacher's reference: <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/> (Vitamin and Mineral supplement fact sheets for consumers). These fact sheets are not appropriate for distribution to children.