

Lesson: Eat a Rainbow

This lesson teaches students about healthy eating and the rainbow of fruits and vegetables grown by farmers in South Carolina.

Supply List

MyPlate coloring sheet or paper plates

Crayons/markers

“Eat a Rainbow” bookmark

Procedure

1. Have students name 5 food groups (fruits, vegetables, grains, protein and dairy)
 - a. Food groups are collections of food with similar nutritional benefits; nutrition guidelines recommend daily servings from each group for a healthy diet.
 - b. Discuss what belongs in each food group; give examples of each
2. Have students name foods they like in each group
3. Point out foods that are grown in South Carolina
 - a. Did you know that farmers right here in our state grow all these tasty fruits and veggies?
4. Discuss that eating a variety of fruits and veggies is an important part of a healthy lifestyle
5. Pass out paper plates and have students divide them into 4 sections (using MyPlate as a reference).
6. Students draw their favorite food from each food group on the plate and select their favorite fruits and veggies from the list on the bookmark.
7. Have students share their plates with class
8. Use the bookmarks as a reminder of what South Carolina farmers grow when you go to the grocery store with your parents.