Part 1
You should eat a plateful of color every day! That’s what scientists say. Eating a variety of colorful fruits and vegetables every day helps you stay healthy.

You can remember to eat your colors by putting fruits and vegetables into five color groups. Color the fruits and vegetables in the circles. Then cut them out and paste them in the right color group on the plate. One is done for you in each group.

Part 2
What other fruits and vegetables go in these color groups? List or draw them on the back of this paper.
Part 1
You can find lots of colorful fruits and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle. Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

Part 2
You can buy many fruits and vegetables in different forms. They come fresh, frozen, as juices, canned and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruits and vegetables listed.
Part 1
You should eat at least five servings of fruits and vegetables every day.

A serving can be:
- a piece of fresh fruit like a banana or orange
- 1/2 cup cooked vegetables or raw vegetables
- a 6 oz. glass (3/4 cup) of 100% fruit or vegetable juice
- 1/2 cup canned or frozen fruits (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- 1/4 cup dried fruit like a mini-box of raisins
- 1/2 cup legumes like beans or peas

The servings should also come from the five color groups. Check out the meal that Jamie is eating and show how he can add color to it. One idea is done for you. Then add color to Shawna’s meal.

Part 2
On the back of this paper create a meal or snack for yourself. Be sure to have color on your plate.

Jamie
Breakfast menu: Bowl of cereal, glass of milk

Ways to add some color: Color added:
1. Add blueberries to cereal blue/purple
2. 
3. 

Shawna
Lunch menu: ham and cheese sandwich, pretzels, cookies

Ways to add some color: Color added:
1. 
2. 
3. 

Randy, Rita and Rhonda
Radish

Pêpe
Bell Pepper

Primary Grades
ACTIVITY
3
Colorful Eating

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Part 1  How many servings of fruits and vegetables do you eat every day? Are you eating ones from all five color groups? Find out by keeping track of what you eat. In the chart here, color a block each time you eat a serving of fruits or vegetables. Be sure to color the block the same color as the group the fruit or vegetable belongs in.

<table>
<thead>
<tr>
<th>Five Color Groups</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue/Purple</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL SERVINGS TODAY

Part 2  Check your chart. How did you do on servings? Are you including all five color groups? If yes, great! If no, find ways to add more servings and put a rainbow of color on your plate every day.
Part 1

Think about the foods that you eat every day. Do you eat lots of fruits and vegetables? Should you? For each statement, check whether you agree or disagree.

1. The USDA Food Guide Pyramid recommends you eat five to nine servings of fruits and vegetables daily. **O** **O**

2. Fruits and vegetables contain vitamins and minerals. **O** **O**

3. Phytochemicals (fight-o-chemicals) help keep people healthy and give plants their color. **O** **O**

4. Fruits and vegetables can be grouped by color. **O** **O**

5. Bananas belong to the yellow/orange color group. **O** **O**

6. Grouping fruits and vegetables by color is an easy way to remember to eat a variety of them every day. **O** **O**

7. Eating fruits and vegetables from each of the five color groups and exercising will help you stay healthy and fit. **O** **O**

8. The best way to get the vitamins, minerals, and other essential nutrients our bodies need is by taking vitamins and other supplements. **O** **O**

9. It’s easy to add color to your diet every day. **O** **O**

10. I eat enough colorful fruits and vegetables every day. **O** **O**

Part 2

Part 1
You're helping out with the food shopping. Your job is to buy the fruits and vegetables, but your shopping list got all mixed up. First unscramble the words to find out what you need to buy. Then use Crayola® crayons to circle the words on your list to show which of the five color groups each fruit and vegetable belongs in.

1. rieserch
2. nedcan estotoma
3. deird goman
4. plepineap iceju
5. nanabas
6. achspin
7. colibroc
8. pleganteg
9. berblrieuse
10. zenfro saep

Part 2
Wow! You have a list of things to get at the supermarket for mom. But where do you look? You can find fruits and vegetables all over the supermarket because they come in different forms. Pineapples, for example, can be found in the produce section as fresh fruit, in the dairy case as pineapple juice, in the frozen foods section as frozen juice, in the canned goods section and in the dried fruit section.

Think about the fruits and vegetables below. Depending upon their form, where might you find them in the supermarket?

<table>
<thead>
<tr>
<th>Produce</th>
<th>Dairy</th>
<th>Frozen Foods</th>
<th>Packaged/Canned Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Intermediate Grades**

**ACTIVITY 3**

**Colorful Eating**

**Part 1**
You should eat at least five servings of fruits and vegetables every day.

A serving can be:
- a piece of fresh fruit like a banana or orange
- 1/2 cup cooked vegetables or raw vegetables
- a 6 oz. glass (3/4 cup) of 100% fruit or vegetable juice
- 1/2 cup canned or frozen fruits (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- 1/4 cup dried fruit like a mini-box of raisins
- 1/2 cup legumes like beans or peas

You've been hired to produce a food show for the Rainbow Food Channel. The topic for the show is adding a rainbow of color to your diet. You need to create a day's worth of menus that will give viewers seven servings of a variety of fruits and vegetables from the five color groups.

Work with the group your teacher assigns you to and start thinking — breakfast, lunch, snack, and dinner. Create your menus.

**Part 2**
Now rate your menus on a scale of 1-10, with 10 being the best. How many servings of fruits and vegetables did you include? How many color groups did you use? How many different fruits and vegetables are on your menu? Are the dishes appealing? Easy to prepare?

Present your menu to the class. Then see how the class rates it.
**Is There a Rainbow on Your Plate**

**Part 1**
How many servings of fruits and vegetables do you eat every day? Are you eating ones from all five color groups? Are you eating different ones from within each group? Find out by keeping track of what you eat. In the chart, record both the color group and the name of the fruit or vegetable you ate. One is done for you.

<table>
<thead>
<tr>
<th>Five Color Groups</th>
<th>Servings of Fruits and Vegetables I Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange-Yellow/Orange</td>
<td>Monday</td>
</tr>
<tr>
<td>Blue/Purple</td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td></td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td></td>
</tr>
<tr>
<td>Red</td>
<td></td>
</tr>
</tbody>
</table>

**Part 2**
Check your chart after a week to make sure you are eating a rainbow of colors and a variety of fruits and vegetables within each color group. If you are, congratulations! If not, work on eating a rainbow of fruits and vegetables every day!