



LESSON PLAN F

RAINBOW CONNECTION

Time Frame: Two 30-minute sessions

Materials:

See Activity A and Activity B

Overview:

Teach about the food rainbow and how to “eat a rainbow” through hands-on cooking and art activities.

Part A. Rainbow Foods & Friendship Bracelets

Children will:

- Be introduced to a variety of textures and flavors.
- Understand that it is healthy to eat a variety of different foods.
- Learn the names of different fruits and vegetables in a range of colors.

Materials:

- Color illustration of a rainbow to display
- Pipe cleaners in rainbow colors:
 - Red, orange, yellow, green, blue, purple
- Raw fruits and veggies in the 6 colors (2 types of each if possible)
- Checklist to track which students have tried which foods

Children help prepare and then try samples of a variety of fruits and veggies in a rainbow of colors. By playing a key role in the prep activities, they learn practical life skills. While trying different foods, they expand their horizons and discover new tastes and textures.

After trying one food from 5 of the 6 colors of the rainbow, they can choose one pipe cleaner to make into a bracelet. If they choose to do another round and eat another 5 samples (from 5 of the 6 rainbow colors), they can choose a second pipe cleaner, in a second color. Then they can twist the two pipe cleaners around each other to make a bracelet.

Discussion:

Begin these activities with a quick lesson about a favorite topic: rainbows! Start with a lesson or review of the colors

of the rainbow, along with the letters that help them remember: ROY G BIV. Start with “Red” in a low voice and say the following colors (Orange, Yellow, Green, Blue...) as your voice gets higher and ends on “Indigo Violet!”

The “Roy G Biv” song is a short and catchy song for little kids. You can download the song on iTunes or listen to it for free here:

“Roy G Biv” —They Might Be Giants

<https://www.youtube.com/watch?v=Gf33ueRXMzQ>

Instructions:

1. Prepare a variety of fruits and veggies in a rainbow of colors. Serving sizes should be small, as the emphasis is on trying a variety of different foods.
2. Make prep time a key part of this activity by getting preschoolers to help with the cleaning, sorting or chopping. Let children help in different ways, for instance:
 - a. Age 2–3: Scrub vegetables like carrots with a sponge or vegetable scrubber. Wash apples and peppers.
 - b. Age 3: Practice pouring, using small pitchers of water into cups. Chop some fruits and vegetables with a blunt knife, under teacher supervision.
 - c. Age 4–5: Peel carrots and cucumbers with a peeler, under teacher supervision.
 - d. All ages: Wash tables with a soapy sponge before and after, wash and dry cutting boards, wash fruits and vegetables and wash everyone’s hands.
3. Set up a table with different foods on different plates, categorized by color. Line up the plates in the order of the colors in a rainbow: red, orange, yellow, green, blue, purple.
4. Tell students they may try one serving of food from each plate. (Decide on the serving size based on the amount of food available. Make them small enough so that they can have seconds the next time around. For example: Two grape halves, one banana chunk, two baby carrots...
5. Each time they try a different food, make a check mark next to their name.
6. For every 6 different colors of food they try, they can get one pipe cleaner in the color of their choice to make a bracelet.
7. Then they can have a second round, eating one food from each color group again.
8. When they’ve had one from each of the 6 colors, they get another pipe cleaner in their choice of color.
9. Then they can twist the two colors together to make a friendship bracelet.



They Might Be Giants Video

Part B. Rainbow Painting

Children will:

- Build fine motor skills while holding a paintbrush to draw a rainbow.
- Practice sorting items based on color and quantity.

Materials:

- Paper plates
- Rulers and pencils
- Scissors
- Paint in 3 colors (if color-mixing): red, yellow and blue
- Or paint in 6 colors: red, orange, yellow, green, blue and purple

- Paint brushes
- Cotton wool
- Glue

Preparation:

Teachers may cut paper plates in half in advance and cut the semi-circles as well. Or, they can use a ruler to draw a line down half of each plate and a paper cup to outline a semi-circle, and have students do the cutting themselves.

For older students, you may wish to model all of these steps while giving instructions and let them complete all steps on their own: "Cut the paper plate in half. Then cut a small semi-circle from the center. You may use the other half of your plate as a palette for your paints."

Instructions: (easy version)

1. Teachers: Set up all your paint colors, and show children how to do the same.
2. Model how to paint rainbow stripes, following the arch of the plate.
3. While the paint is still wet, show children how to stick some cotton at the bottom of each side to make clouds. Or wait until the paint has dried and glue the cotton on then.

Instructions: Color-Mixing (more challenging)

1. Explain and demonstrate how to mix colors: red and yellow to make orange; blue and yellow to make green; and blue and red to make purple.
2. Start by painting the yellow stripe, as that's the lightest color.
3. Then add a dot of red to the yellow paint on your plate and mix it together to make orange. Paint the orange stripe. Then paint the red stripe.
4. Now add some blue to your red paint and mix together to make purple. Paint the purple stripe at the bottom of your rainbow. Remember to leave enough space for two stripes after that.
5. Clean your paintbrushes and dry them with a paper towel.
6. Now paint the blue stripe, one up from the purple stripe.
7. Now add some yellow to your blue paint, mix it together to make green, and paint your green stripe.
8. While the paint is still wet, stick some cotton balls or a piece of cotton wool at the bottom of each side to make clouds. Or wait until the paint has dried and glue the cotton wool on then.

Extensions:**Pom Pom Power!**

Extend the life of the Rainbow Painting activity with pom poms! Each time students eat a fruit or vegetable at snack time, they can put one pom pom of that color on their rainbow. All you need is glue and a good supply of pom poms.

Pom Pom Play Station

Extend the fun even further by setting up an activity area just for pom pom work. These craft activities hone fine-motor skills, teach sorting and color matching, and reinforce some of the lessons learned about fruits and vegetables.

Sorting: This can be an activity in and of itself. Let younger children sort a big bag of pom poms into smaller bags or buckets by color.

Build a Rainbow: Children can create their own rainbow out of pom poms, making stripes of pom poms and even making clouds at each end. There's no glue involved, and the pom poms get used again and again. This activity is more about the process than the product, so make sure children understand that this is art that's recycled over and over again.

Fruit & Veggie Art: Print out clip art of fruits and vegetables and let children decorate the pages with pom poms. Think of ideas like purple grapes, yellow corn on the cob, green broccoli and white cauliflower. Don't use glue and you'll be able to share the artwork and pom poms among the class.

Rainbow Song and Video

[PBS Kids: Fizzy's Lunch Lab | Food Songs & Videos](#)

These funny videos and songs with clever lyrics will keep students engaged while learning key content. Look for the song about the Food Rainbow!

Family Connection:

Try this tasty rainbow foods-themed recipe at home!

[Crunchy Rainbow Wrap](#)

Suggested [Resources for Parents and Caregivers:](#)

- [MyPlate Tips for Preschoolers](#)
- [Healthy Eating for Preschoolers](#)
- [MyPlate Snack Tips for Parents](#)
- [Kid-friendly Veggies and Fruits](#)
- [Be a Healthy Role Model for Children](#)

Standards Alignment:

NAEYC

2.A.10 The curriculum guides teachers to incorporate content, concepts, and activities that foster social, emotional, physical, language, and cognitive development and integrate key areas of content including literacy, science, and health and safety.

2.F.03 Children are provided varied opportunities and materials to categorize by one or two attributes such as shape, size and color.

2.J.06 Children are provided many and varied open-ended opportunities to express themselves creatively through (a) music and (b) two- and three-dimensional art.

2.K.01 Children are provided varied opportunities and materials that encourage good health practices such as serving and feeding themselves, and good nutrition.

Head Start Child Development and Early Learning Framework

2.4 (Prekindergarten): Distinguishes food on a continuum from most healthy to less healthy.

2.5 (Prekindergarten): Eats a variety of nutritious foods.