

## Smart Goals

- By the end of the lesson, participants will be able to recall one benefit of eating the rainbow.
- By the end of the lesson, participants will be able to list 2 types of vegetables and fruits in the “Eat the Rainbow”.
- By the end of the lesson, participants will be able to assemble their fruit/vegetable salad using at least 3 fruits/vegetables.

## General Outline

1. Introduction: Explain types of fruits and vegetables in the “Eat the rainbow” (7 min)
  - a. Warm Up – Using PowerPoint to introduce fruit and vegetable (Yes/No Question)
2. Activity 1: The rainbow poster board matching (10 min)
3. Why should we choose to eat the rainbow? (10 min)
  - a. Activity 2: Using PowerPoint to match the benefits to each color (hint: color matching i.e. red = heart, blood → red fruits and veggies)
4. Closing: To assemble their own salad (20 min)

## Script

Thuan

Fai

### Introduction: (Fruit and Vegetable)

Thuan: Gooooood morning Healthy Heroes welcome to another Good Foods Garden lesson!

Fai: Are you all excited to learn more about fruits and vegetables?????

Thuan: First off, we’re going to have a small mission! So I have a question about fruits and vegetables 😞 . Can everyone help us figure out which items are fruits or vegetables? [Have participants stand up while doing activity]

### (Warm-Up)

1. T&F: Do you think it is a fruit or vegetable?
  - a. Strawberry
  - b. Carrot
  - c. Lettuce
  - d. Banana
  - e. Eggplant
  - f. Grapes
  - g. Blueberries
  - h. Cauliflower
  - i. F or V signs
  - j. Identify f and v

**Thuan:** Wowwwwwwww! Thank you healthy heroes for helping us figure out where these fruits and vegetables belong! 😊

**Fai:** It seems all the healthy heroes have an idea how to identify what fruit and vegetable is. Now, we have a new mission for all of you!

**Thuan:** Uh oh! The fruits and vegetables have fallen out of the rainbow! Can everyone please help us put the fruits and vegetables to the right colors on the rainbow? (Activity 1: Rainbow Matching Poster Board)

**Thuan:** Good job healthy heroes! The rainbow of fruits and vegetables have been restored!

**Fai:** So why do you think we should eat these colorful fruits and vegetables from the rainbow? Can anyone share why eating the rainbow is soooooooooo gooodddddddd and yummy????

**Thuan:** That is a good idea! Now, we're going to explore each color of the rainbow and discover why eating each and every color can make us healthy and strong like superheroes!

- Red: Heart and blood
- Orange: Eyes
- Yellow: Skin and help with pooping 🐛
- Green: Building strong bones and protecting our body
- Blue and Purple: Brain
- White and brown: Heart and fight against cold

**Fai:** Now, we have another mission for everyone! Oh no the fruits and vegetables and their benefits have been scrambled by the Monster. Can all of you help us reconnect the fruits and vegetables to their benefits? (Activity 2: Matching Game) line up look at summary first

**Thuan:** We have restored the rainbow of fruits and vegetables once again! Now the rainbow is shining brighter than ever because we know why eating all colors of the rainbow is healthy for us!

**Fai:** Thank you healthy heroes for helping us with our missions! We had a great adventure! But we're not quite done yet...

**Thuan:** Does all the healthy heroes want to create your own eat the rainbow salad to fight off against the monsters that make you sick? (Salad Assembly)

**Fai/Thuan:** Let's talk about how to assemble the Fruit and Vegetable SALAD!

1. First!!!! You need to wash your hands! (sing HBDS twice) - break - (slide)
2. NOW! We can get started!!!
3. <https://dizzybusyandhungry.com/summer-salad-fruit-and-veggies/>
  - a. Using the lettuce, choose at least three fruits or vegetables.
  - b. Then, we will put cloud sauce to complete your fruit and veggie rainbow lettuce bowl!

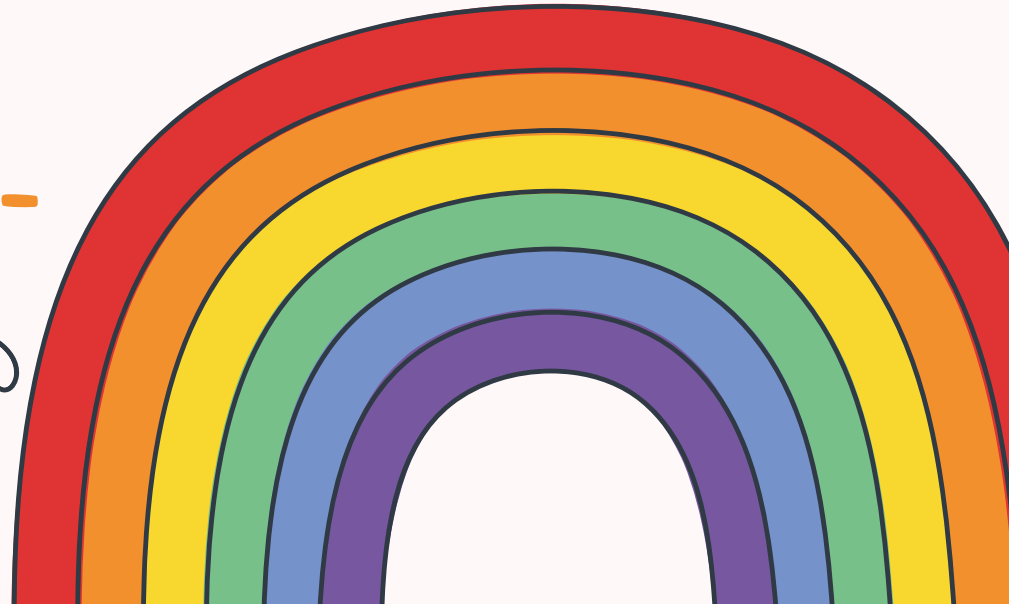
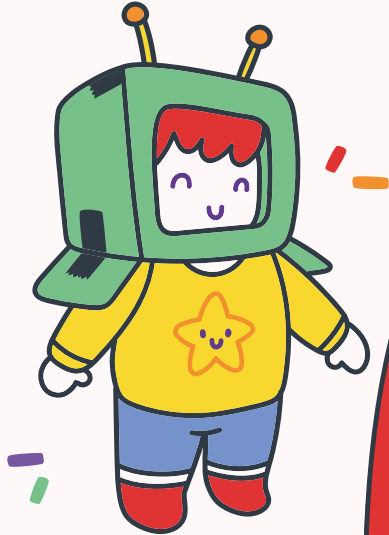
**Thuan:** Good job assembling your salad everyone! That was our final mission! Enjoy the salad bowl. This is our last lesson :( Thank you everyone for coming!



# \* Fruit & Vegetables Lesson 7

Team Davis Good Foods Garden

Eat the  
Rainbow!



# MISSION 1.



# Fruit / Vegetable.



Is this a fruit or vegetable?



fruit

Strawberry

Is this a fruit or vegetable?



vegetable

\*Carrot



Is this a fruit or vegetable?

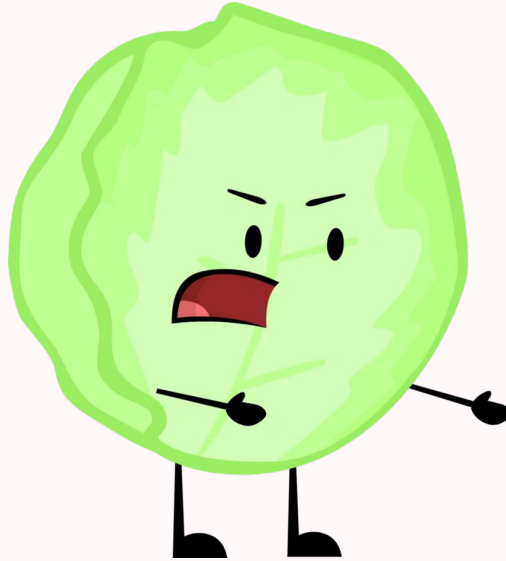


fruit

Banana



# Is this a fruit or vegetable?



vegetable

Lettuce



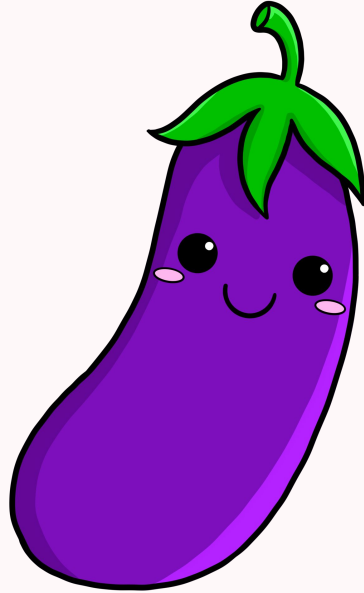
Is this a fruit or vegetable?



fruit

Blueberries

Is this a fruit or vegetable?



vegetable

Eggplants

Is this a fruit or vegetable?



fruit

Grapes

Is this a fruit or vegetable?



Cauliflower

vegetable

# MISSION 2



# Rainbow Matching Activity!





# BENEFITS OF EACH COLOR ??



# Red

Heart

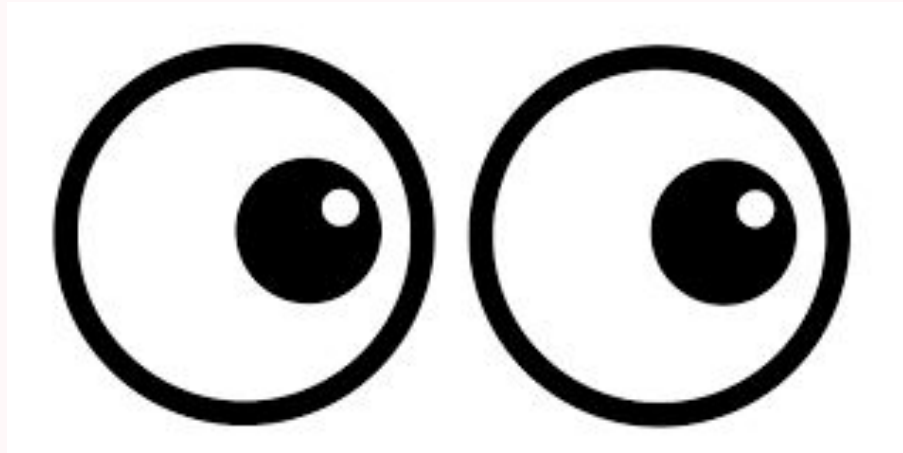


Blood



# Orange

Eyes



# Yellow

Skin



Help Pooping



# Green

- Building strong bones



Protecting our body



# Blue, Purple

Brain



# Brown, White

Heart

Fight against cold



# MISSION 3.





# Benefit of Each Color

## Red

Heart and Blood

## Orange

Eyes

## Yellow

1: Skin  
2: help Pooping

## Green

1: Building strong  
bones  
2: Protecting our Body

## Blue, Purple

Brain

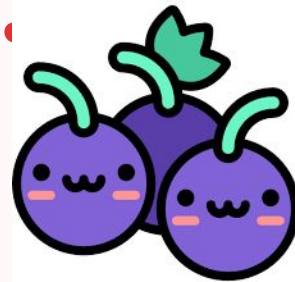
## White, Brown

1: Heart  
2: Fight against cold





★ Heart, blood  
Eyes



Skin, pooping

Strong bones,  
protect body



Brain

Heart, fight  
against cold



# Salad Assembly

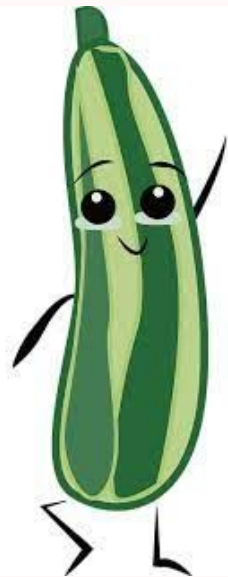




**First, we need to wash our hands!**



# Ingredients



# Thanks!

Do you have any  
questions?

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<https://jsfrank9.wixsite.com/goodfoodsgarden/contact-us>



Credited by KaPai Li and Thuan Le