WEEK 2 | Chase the Rainbow

Challenge: Eat a fruit or vegetable.

Learning Objectives

Students will be able to…

- Recognize the role our favorite foods can have in guiding us to find fruits and vegetables that we like.
- Identify the short-term and long-term benefits of including vegetables and fruits (fresh, canned, or frozen) in their meals.
- Examine the barriers and possible solutions to eating fruits and vegetables.

Standards Alignment

National Health Education Standards

**Note: Updated standards to be released March 2024*

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

PreK - Grade 2	Grades 3-5
1.2.1 Identify that healthy behaviors affect personal health.	1.5.1 Describe the relationship between healthy behaviors and personal health.
1.2.2 Recognize that there are multiple dimensions of health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

PreK - Grade 2	Grades 3-5
2.2.1 Identify how the family influences personal health practices and behaviors.	2.5.1 Describe how the family influences personal health practices and behaviors.
2.2.2 Identify what the school can do to support personal health practices and behaviors.	2.5.2 Identify the influence of culture on health practices and behaviors.

Materials

- Lesson Slides
- Handout: I can eat a rainbow!
- Giveaway: Stickers

Outline (45 minutes)

- **Introduction** - Slides 1-3 (5 min)
- **Movement Break** - Slide 4 (3 min)
- **New Challenge + You Got This** - Slides 5-16 (25 min)
- **Activity** - Slide 17 (10 min)
- **Recap + Share It!** - Slide 18 (2 min)

Lesson Plan Guide

INTRODUCTION

Slide 1 - Introduce Yourselves

1. **Introduce Yourselves:** Hi (*second, third or fourth*) graders!
    a. My name is (*Say your Name*).
    b. I'm a doctor and I work at (*Say your Hospital*).
    c. I'm a doctor who (*Say your department or specialty*).
    d. Before we get started, let us share a fun fact! (*All doctors share a fun fact*)

Slide 2 - Introduce the Program

1. **Re-introduce the Program:** We're back in your class with our union, which is called the Committee of Interns and Residents. That's like a big team of doctors. Just like your teachers and other workers, we come together as a union to make things better for us at work, and everybody in our community.
2. **Getting Oriented:**
    a. **Today, we're back at (*School Name*)** for the Family Health Challenge, FHC for short. This is the second week and we hope you're having as much fun as we are!
    b. **We will continue breaking up big health challenges into tiny steps** you can do with your loved ones. It's more fun when we work together! That's the whole point of being in a union and it's a big part of this program too!
    c. **Don't worry if something seems hard;** we're here to help you!

Slide 3 - Explain How the Program Works

1. **We will move:** Just like last time, we'll begin with a quick 2-minute activity to get our bodies moving and feeling great.
2. **New challenge:** Then we will introduce a new challenge and talk about ways you can take on the challenge with your friends and family.
3. **Fun activity:** Each time we meet there will be a new challenge and it will also include a fun activity to make sure you remember the challenge throughout the week.
4. **We will return!** When we return the following week, we will ask you how you did. How does that sound? (*Pause for a few questions*)

MOVEMENT BREAK

Slide 4 - Let's Get **Moving!**

1. **Let's Get Moving:** Ok, let's move our bodies! We're going to play a video from our friends at Hip Hop Public Health.
    a. **Listen** carefully to the instructions in the beginning.
    b. 3 people will show you different ways of moving your body.
    c. Follow the person in the video you're most comfortable with.
    d. And more importantly, have fun! Let's go!
    e. Play the Video
    f. That was fun! I feel ready to take on a new challenge for the day, how about you?

NEW CHALLENGE + YOU GOT THIS!

Slide 5 - First, Let's Review

1. Before we introduce our challenge for this week, let's review! Who remembers the challenge last week?
    a. That's right, everyone picked their own tiny challenge!
    b. From what you remember, raise your hand if, on at least one day last week you completed all or part of your challenge *(Call on a few students with their hands raised to hear what their challenge was).*
    c. Congratulate everyone on their great work and efforts.

Slide 6 - Today's Topic

1. **Today we are going to start a new challenge** about why eating a rainbow, or a range of colorful foods, is good for us.
2. **We're going to start by talking about our favorite foods!** Let's brainstorm what foods you love to eat and why. *(Students can call out or raise their hand. Make a list of their responses on the board. If there are no favorites, can they think of a food they like.)*

Slide 7 - Our Favorite Foods

1. **There are different things we love about our favorite foods.** Here are some things I heard: taste, texture, smell, how it looks, who makes it, special holiday food, makes us feel good.
2. Thank you for sharing this list with us!
3. **It's important to know the things we like about our favorite foods** because they can help us find new foods that we will like.
    a. For example, if you like crunchy foods, maybe you like raw carrots, but will not like them as much if they are cooked and soft.
    b. **Our favorite foods should always be a part of what we eat.**
4. **Food is a very important part of people's lives.**
    a. Food keeps us alive.
    b. Food can make us feel full and satisfied. Have you ever noticed that some foods help you feel full for longer than other foods?
    c. It is also necessary for building our bodies, including our minds, and keeping us calm and focused.
    d. Food allows us to go to school, have jobs, and play.
    e. The foods we eat can affect our moods. Have you ever noticed that after eating some foods you feel tired afterwards? There is so much to learn about how foods help our bodies.

Slide 8 - Chase the Rainbow

1. **This week's challenge is called Chase the Rainbow.**
2. Doctors usually tell their patients to eat fruits and vegetables everyday. But we're here to tell you that what we really want is for you to eat the rainbow!
3. **Different colored fruits and vegetables have different vitamins and minerals**, so eating meals with different natural colors means you're getting many different nutrients your body needs.
4. **We're calling this challenge "Chase the rainbow"** because sometimes it will be hard to eat the rainbow everyday. Sometimes fruits and vegetables will not be available, or they might not be very appetizing, but your challenge is to chase the rainbow or to try to eat the rainbow throughout the day and pay attention to how you feel when you do.

Slide 9 - Let the Colors Guide You

1. We're talking about foods that are red, orange, yellow, green, blue, and purple. The more colors on your plate at each meal or snack, the better! Let's go over some of of the nutrients that are in foods of different colors:
    a. **Red** foods help keep your heart strong. Red foods have lycopene. Lycopene is an antioxidant and antioxidants help protect your heart, skin and other parts of our bodies for a long time. It gives red foods their red color.
    b. **Orange** foods protect your eye health because they have vitamin A. Vitamin A helps keep our eyes, heart, lungs and kidneys working well.
    c. **Green** foods provide strength for your bones and your teeth. Green foods

have prebiotics and prebiotics help feed the helpful bugs in our gut. The bugs help us stay healthy, have a good mood, and fight bad germs. That's why we like to have leafy green foods every day.

d. *(Remind students that these foods can be eaten in a variety of ways - raw, cooked, canned, frozen, spiced, alone or mixed with other foods)*

Slide 10 - Shoot for 5 a Day

1. So we're going to try to chase the rainbow everyday. But how much should we eat?
2. **We recommend kids shoot for 5 veggies and fruits every day.** Sometimes the kinds of veggies and fruit will change. But if it all adds up to 5 on most days, you're good!
3. **What do we mean by 5?** We mean 5 servings of veggies and fruits. And we'd like you to have more veggies than fruit. One day it can be 3 servings of veggies and 2 servings of fruits, another day it can be 4 servings of veggies and 1 fruit. You might be asking what we mean by serving?
    a. **For fruit,** one serving can be a small banana, or a small pear or apple. 1 serving of fruit can also be a slice of a large fruit, such as watermelon or pineapple. It can even mean a handful of grapes or berries or 1 BIG tablespoon of dried fruit like raisins.
    b. **For vegetables,** one serving can be a baby cucumber or a small bowl of salad.
4. And we're saying 5, but that's only the goal. If you ate 0 fruits or vegetables yesterday, and ate 1 today, that is really good!

Slide 11 - Music Break

1. **Let's take a music break and listen to a fun veggie song** that might make you want to get out of your seat and get some colorful veggies.
2. **We will read the chorus together** and practice before playing the song and singing along. Here we go:

Say hey veggie veggie
Hey veggie, veggie
I love you
I love you

Slide 12 - Veggie Luv Song

1. **Ok, now let's play the whole song:** Veggie Luv, by Monifah and J Rome - "Veggie Luv" (Official Video), Hip Hop Public Health (5:51)
2. The lyrics we just learned are the chorus, or hook. When you hear them repeat, we will join in *(starting at 2:20).* Remember all voices are welcome.
3. **Play video and sing along.**
    a. Note: modeling singing along might help some students feel more comfortable to do the same.

Slide 13 - Barrier: What We Like

1. Let's talk about some of the things that might keep you from eating veggies and fruit every day. Here are some we hear pretty often from our patients.
2. ***But… I don't like fruits and vegetables.***
    a. As we said, letting the foods we *like* guide us is important and can be very helpful.
    b. Do you remember what qualities you liked about your favorite foods? You might find these qualities are important to you in other foods too. So, if you like crunchy food, maybe you will like carrots raw and crunchy but not like them as much when they are cooked and soft. Something to think about.
3. **It's also ok to start very small.** We want to take a tiny step, so think about what fruits and vegetables you do like and eat those.
    a. If you can't eat veggies and fruits every single day, are you able to eat them. 4 out of 7 days? If you were eating 0 veggies and fruit and now you're getting 1 every day or some days, that's great too!
    b. You can trust that small changes add up to a big impact.

Slide 14 - Barrier: Allergies

1. ***But… I'm allergic to fruits and vegetables.***
    a. Not everyone's rainbow will look the same. Your rainbow of fruits and veggies might look different than another person's.
    b. Some people are allergic to blueberries, so in the blue food section they won't include blueberries but maybe they like and eat blackberries instead.
    c. Who has seen blue potatoes? Yes, that's a thing. There are all kinds of fruits and vegetables that you might discover that you don't even know about yet.

Slide 15 - Barrier: Fresh vs Canned

1. ***But.. we only have canned vegetables at home.***
    a. Frozen and canned fruits and veggies are a great option!
    b. A wonderful thing about frozen and canned fruits and vegetables is how long they last. That can make it easy to have them around at home, and include them in your meal.
    c. Who can think of a vegetable or fruit that they have ever seen or tried that was frozen first or canned?

Slide 16 - Barrier: What We Have at Home

1. ***But…we never have colorful foods to eat where I live. We mostly eat white, brown and tan foods like rice, pasta, beans and bread.***
    a. Different people have different kinds of foods in their homes - based on culture, preferences, money and more.

b. **The lunchroom** is a great place to find a rainbow of foods to consider trying.
    i. I bet most of you have colorful fruits and vegetables that are served at lunch that you could try. They offer ones that are cooked into the meal, side dish raw ones like apple and cucumber slices, and more.
    ii. Who has any lunchroom fruits or vegetables that they have tried and like?
2. **Open question (if time):** What are some other reasons that might keep you from eating fruits and vegetables?
3. **Remember, you are the expert on you!** We gave you information on why and how to eat the rainbow, but only you know how to make that happen.

ACTIVITY

Slide 17 - Activity: I Can Eat A Rainbow

1. **Let's end with a fun coloring activity** called *I Can Eat A Rainbow.*
2. **Handout activity sheet.**
3. **Let's all draw and color together:** Each of you will get your own chart where you can draw and color any fruit or vegetable you can think of in each of these boxes. Try to think of something for each box! After you draw some foods for each color, circle one you would like to try to eat!

RECAP + SHARE IT!

Side 18 - Recap

1. **Who can tell me what's the challenge for this week?**
    a. **The challenge for this week is to eat one fruit or a vegetable every day.**
    b. Remember - You could try a veggie topping to your pizza, picking up the apple slices along with your grilled cheese lunch, grabbing a banana at the deli as a snack, or eating the peas that are in your rice. There are so many creative ways to add a fruit or vegetable to your day.
    c. Sometimes you will complete the entire challenge and eat an entire fruit. Go get that apple! Other days maybe you will eat a few bites of cucumber in the lunchroom.
    d. Good for trying!
    e. **Remember, this is not a competition with each other.** You are challenging yourself to see what you can do and cheering each other on.
2. **Every day will be different but your challenge is to keep chasing the rainbow!** You will record how it goes in your challenge tracker. We look forward to returning next week and hearing how it went.

3. **Share with your community:** Who is someone in your life you can tell about your challenge? Think about one person's name and on 3, let's all whisper the name at the same time. 1-2-3 - (whisper name).