

# Read The Rainbow: Fruit & Veggies

K-2

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## Objectives

### Students will be able to:

- Identify fruits and vegetables.
- Explain that fruits and vegetables have nutrients that help us stay healthy.
- Name at least two benefits of eating fruits and vegetables.

## Standards Met

- **A.1.** Exchanging information and ideas with others through oral collaborative conversations on a range of social and academic topics.
- **C.10.** Writing literary and informational texts to present, describe, and explain ideas and information, using appropriate technology.
- **C.11.** Supporting own opinions and evaluating others' opinions in speaking and writing.

## Overview of Fruits and Vegetables

**Did you know?** Fruits and veggies are a great source of vitamins and minerals!

### Healthy People 2020 Goals:

- Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older
- Increase the contribution of total vegetables to the diets of the population aged 2 years and older

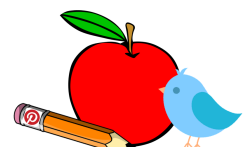
Fruits and vegetables provide us with vitamins, minerals, fiber and other powerful nutrients that help us stay full for longer and avoid overeating. Fruits and vegetables are also rich in antioxidants, which are substances that may help reduce the risk of developing chronic diseases such as diabetes, heart disease and cancer.

Exactly how many fruits and vegetables should we have in a day? Just remember the “5-A-Day” rule. Eat five servings of fruits and vegetables a day – the color way! Eating a variety of colorful fruits and vegetables will help us stay healthy and energetic.

It is important to encourage young students to increase their intake of fruits and veggies and help them understand the long-term benefits of doing so.

**For more information on fruits and veggies, go to:**

[www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)



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# Make The Connection

## Materials

- Worksheet: Read The Rainbow for Grades K-2

Using the worksheet titled **“Read the Rainbow” for Grades K-2**, help your students understand the benefits of consuming five servings of fruits and vegetables every day while applying this knowledge to reading and writing skills.

Start by engaging your students in a discussion about fruits. Ask them what their favorite fruits are and why. To help students visualize this information, write two columns on a board: one listing students’ favorite fruits and another listing some of the reasons why they like those fruits. Proceed to do the same for vegetables. You can also ask students how often they eat fruits and vegetables. Let them discuss this as a class.

1

2

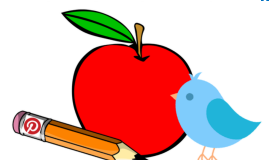
After the class discussion, talk to your students about the benefits of consuming fruits and vegetables. You can talk about how they contain powerful nutrients such as vitamins and minerals that help us grow stronger and healthier while preventing diseases. Moreover, fruits and veggies are high in fiber, which helps us stay full for longer and keeps our bodies running smoothly.

REMEMBER we should try to consume at least five portions of fruits and vegetables a day by introducing the 5-A-Day campaign. **For more information on fruits and veggies, please visit: [www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)**

Lastly, do an overview of the **“Read the Rainbow” for Grades K-2 worksheet**.

Explain the activity and clarify any questions the students may have.

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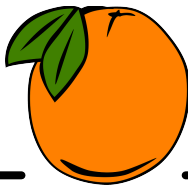
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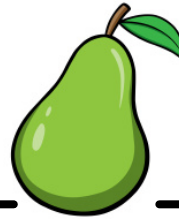
1) Name the fruit.



\_\_\_\_\_



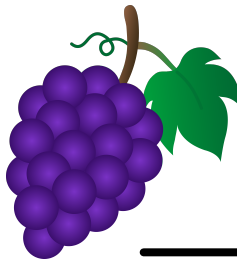
\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

2) Fill in the sentences below.

My favorite fruit is \_\_\_\_\_,

(Name of your favorite fruit)

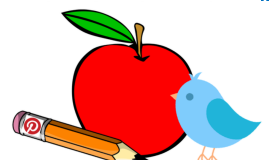
because \_\_\_\_\_.

(Explain why you like it)

\_\_\_\_\_ are \_\_\_\_\_.

(Name of your favorite fruit)

(Name a quality of your favorite fruit)

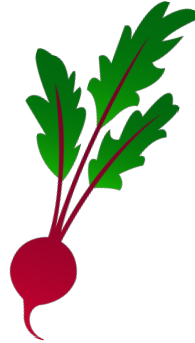


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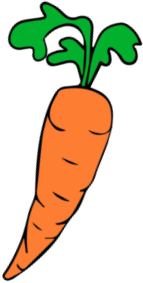
1) Name the vegetable.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



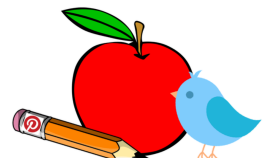
\_\_\_\_\_

2) Fill in the sentences below.

My favorite vegetable is \_\_\_\_\_,  
(Name of your favorite vegetable)

because \_\_\_\_\_.  
(Explain why you like it)

\_\_\_\_\_ are \_\_\_\_\_.  
(Name of your favorite vegetable) (Name a quality of your favorite vegetable)



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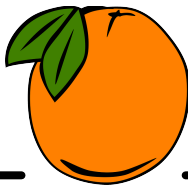
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## Answer Key

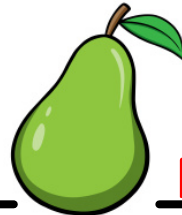
1) Name the fruit.



Apple



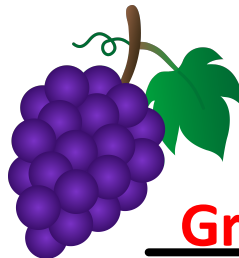
Orange



Pear



Banana



Grapes



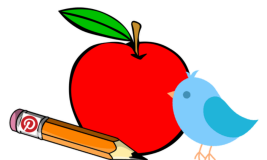
Mango

2) Fill in the sentences below.

My favorite fruit is orange,  
(Name of your favorite fruit)

because it is juicy.  
(Explain why you like it)

Oranges are healthy.  
(Name of your favorite fruit) (Name a quality of your favorite fruit)



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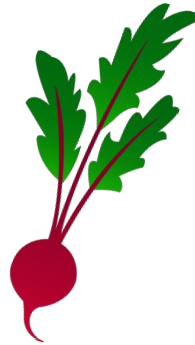
USDA United States Department of Agriculture National Institute of Food and Agriculture **FIU**

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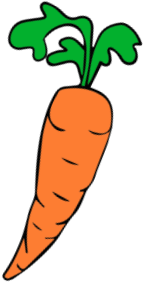
1) Name the vegetable.



**Broccoli**



**Radish**



**Carrot**



**Celery**



**Onion**



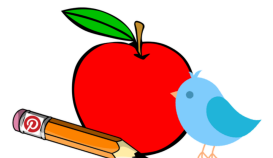
**Corn**

2) Fill in the sentences below.

My favorite vegetable is celery,  
(Name of your favorite vegetable)

because it is crispy.  
(Explain why you like it)

Celery are delicious.  
(Name of your favorite vegetable) (Name a quality of your favorite vegetable)



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