



# Eat A 4 Rainbow

## Key focus points

- It is important to try new foods!
- Just because you didn't like a food the first couple times doesn't mean you won't like it eventually!
- It is important to try fruits of all different shapes and colors! It is important to try new foods in order to get all the nutrients we need to grow and be healthy

## Previous Lesson Recap

- *Last week we talked about ways you can help your families make healthy meals. You each helped make the yummy pasta salad we ate last week. Some of you helped pour in the ingredients, others helped stir, and the rest helped pass out plates/napkins!*
- (Optional question) What was your favorite step to help with?

## Lesson Intro

*Today we're going to be talking about different foods! We will even get to try some foods later on. Some might be new to you.*



# Eat A 4 Rainbow

## Lesson Prep

- Print out 5 *color station table tents* and make copies of *I tasted the rainbow coloring sheet*
- Shopping: select 1-2 fruits from each color station (ex. Red-apple and watermelon) and buy one fruit to cut up and another for display; toothpicks or forks, plates or napkins
- Cut up fruit and place in sealed containers before lesson, should be done no earlier than the night before to maintain food freshness.
- Activity set up: place napkins/plates, toothpicks/forks at tables, and table tents at each station or area according to color of fruit (if children are waiting at stations have them color the *I tasted the rainbow coloring sheet*)
  - Feel free to incorporate any fruit or vegetable you would like in this taste-testing activity.

## Supplies

- Stickers (colors of the rainbow smiley faces)
- Rainbow coloring sheet
- Fruit of different colors in containers
- Toothpicks
- Book “I Will Never Not Ever Eat a Tomato”
- Name tags with “I Ate These Colors of the Rainbow”
- Color station table tents
- Parent newsletter



# Eat A 4 Rainbow



## 1. Introduction:

*Let's talk about different foods you have tasted.*

- *Was there a time when you thought you wouldn't like a food, but when you tried it then you loved it?*
  - *Why did you try it?*
  - *Does your family eat it?*
    - Parents or Grandparents
    - Sisters or Brothers
    - Even if you like something, that doesn't mean your family will. We all have different things that we like to eat.
  - *What made you like it?*
  - *Why is it important to try out new foods?*
  - *Why is it important to try a food more than once?*
    - **FUN FACT:** *Did you know it could take up to 10 or even 16 times of trying a food to see if you like it?*



# Eat A 4 Rainbow

## 2. Activity:

Before starting the activity:

- Set up 5 color stations with small bites of colored fruit at appropriate station/table with respective table tents (see activity folder for ideas).
- For each cut up fruit the Sprouts will taste test also have a whole fruit available.
- Make sure each child has a name tag(see activity folder for templates)
- This will be used to give a child a sticker for every time they taste test one of the foods.

## Adaptations

- This activity can be conducted in small groups (if you have multiple adults that can help lead each station) -rotating between stations, or collectively as a group -each Sprout trying the fruit option altogether.
- To facilitate taste testing you can have Sprouts use a tooth pick to pick up each sample from a larger container, you can have pre-portioned samples in small cups, or you can serve each Sprout a sample on their individual plate.



# Eat A 4 Rainbow

## At each station:

*Today everyone has the option of trying a variety of different fruits. As you can see there are a rainbow of colors to eat from and we will explore each color.*

- Hold up the fruit and ask:
  - *Does anyone know what this is?*
  - *Raise your hand if you have tried it before*
- Talk about the fruits. Have children describe each fruit both whole and cut-up fruit.
  - *Can someone describe this fruit to me?*
    - Ideas for questions:
      - *What does it look like?*
      - *What does it feel like?*
- Give them an option to try each of the foods.
  - *What does it taste like?*
  - *Have you had this before?*
- Once they try a fruit, put a sticker on their name tag.





# Eat A 4 Rainbow

## Tips

- Remember not to force them to try anything. If they don't want to try something, simply say "maybe another day."
- Try to emphasize having them be open to trying another time as opposed to saying "No" when presented with a food.
- Our friends and family may like different foods than us or sometimes have allergies that does not allow them to eat what we eat. Therefore, it is important to not force anyone to eat something they do not want.

*There are lots of healthy food choices. You all tried a lot of different kinds and colors of fruit today! That is the first step to liking and trying more fruits and vegetables.*

- *Did anyone try a fruit they had never had before?*
  - *What did you think?*
- Once they try a fruit, put the same corresponding colored sticker on their name tag.



# Eat A 4 Rainbow

## 3. Book “I Will Never Not Ever Eat a Tomato”:

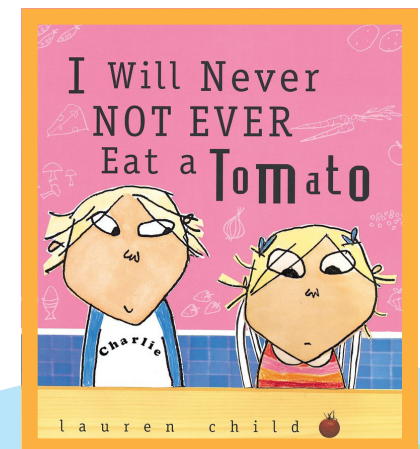
Introduce the book:

*We are going to read this book about a girl who did not like...does anyone have any guesses?*

*Yup! That's right she does not like tomatoes. But we will see what happens maybe she will try a tomato for the first time!*

## Guiding Questions:

- *What did Lola have to do before she could decide if she liked or disliked a food?*
- *What types of foods did Lola find out she liked once she tried them?*



Child, I Will Never Not Ever Eat A Tomato  
Penguin Random House, 2000



# Eat A 4 Rainbow

## 4. Recap:

*Today we talked about trying new foods. We talked about some foods that you really like and some foods that you do not like right now. You also told me it is important to try foods more than once, because you might one day start liking that food. Share with your family what new foods you tried!*







Apricot



# Blueberries



**Cantaloupe**



**Cherries**



**Grapes**



**Honeydew**



Kiwi



**Mango**





Papaya

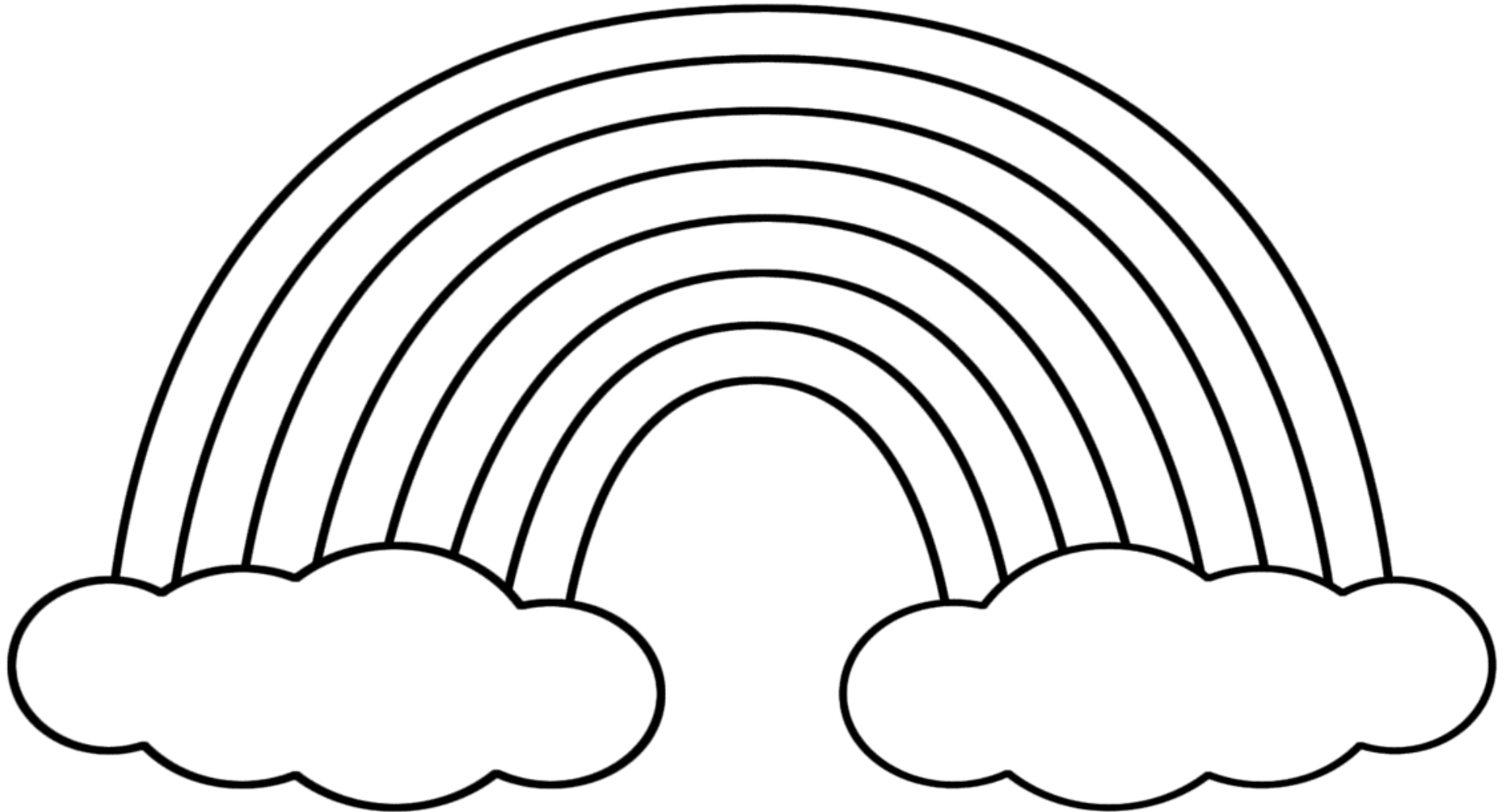


**Pineapple**



# Raspberries

Name: \_\_\_\_\_



**Try all the colorful foods!**



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!



Today I ate a  
Rainbow of Fruit!





# Sprouts

## Growing Healthy Habits



# Eat a Rainbow

## Did You Know?

- Children are more likely to eat a new food if they see a family member enjoying it. Avoid using the word “yuck.” Be a good role model!
- The more often children are exposed to new foods, the more likely they are to try them. It may take up to 12 tries.
- Children are more willing to try new foods if they are involved in the preparation.
- Having family meals together will encourage your child to eat a variety of foods.



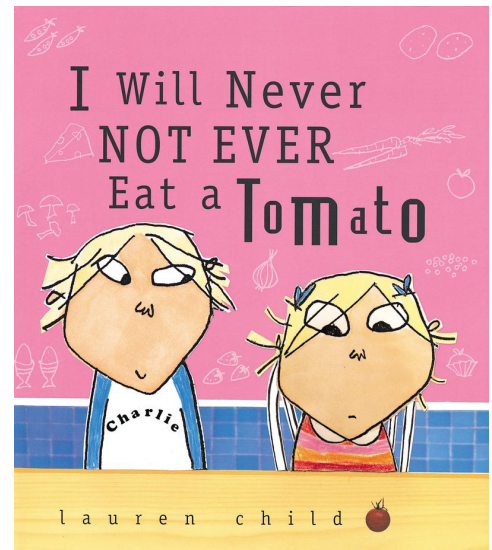
## Take Action!

You can try new foods with your child anywhere. How many of the following suggestions can you check off this week?

- Allow your child to pick one new fruit or vegetable from a local farmers' market or grocery store.
- When eating out, select the fruit or vegetable side option.
- Have your children help in the kitchen. Let them wash fruits and vegetables!
- Set the rules! Ask your child to try at least one bite of every food served at mealtime.

## Eat a Rainbow

Find out Lola's experience trying new foods in the book *I Will Never Not Ever Eat a Tomato*. We made a colorful rainbow full of fruits and vegetables we would like to try and even got to try some new colorful fruit!



## Help Your Child Try New Foods!

- Be patient and offer the same food many times.
- Provide small tasting portions.
- Offer only one new food at a time.
- Offer new foods at the start of the meal, when your child is most hungry.
- Add new fruits and vegetables into a food your child already likes.
- Stay positive. Reward your child with hugs and kisses rather than sweets.
- Eat with your child and enjoy new foods together!