

TASTE THE RAINBOW

Lesson Plan: Taste the Rainbow

A hands-on lesson exploring foods of a variety of colours that are grown in British Columbia

Grade Level	Grades K-7
Season	Any season
Difficulty Level	☆☆☆

Teacher Background

Overview

Explore the concept of variety and how eating an array of foods in different colours, shapes, sizes and textures gives us energy in different ways to grow, learn, and play!

To encourage positive conversations around food in your classroom, review the [Guiding Principles of the Healthy Schools BC Teach Food First](#) resource.

Learning Objectives

Students will be able to:

- Explain why fruits and vegetables come in different colours
- Have the opportunity to taste different foods

TASTE THE RAINBOW

Curriculum Connections

	Curricular Competencies	Content
Applied Design, Skills, and Technology	<ul style="list-style-type: none"> • Make a product using known procedures or through modelling of others (Gr.K-3) • Identify needs and opportunities for designing, through exploration (Gr.K-3) • Identify and evaluate the skills and skill levels needed, individually or as a group, in relation to a specific task and develop them as needed (Gr.4-7) 	<ul style="list-style-type: none"> • Food studies (Gr.6-7)
Physical Health Education	<ul style="list-style-type: none"> • Develop and demonstrate safety, fair play, and leadership in physical activities (Gr.K-7) 	<ul style="list-style-type: none"> • Practices that promote health and well-being (Gr.K-7)
Science	<ul style="list-style-type: none"> • Demonstrate curiosity about the natural world (Gr.4) • Experience and interpret the local environment (Gr.6) 	<ul style="list-style-type: none"> • Seasonal changes; Local First Peoples knowledge of the local landscape; plants and animals; biodiversity (Gr.K-3) • Sensing and responding: plants (Gr.4)
First Peoples' Principle	<p>"Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors."</p> <p>The activities in this lesson allow opportunities for students to reflect on the food system. All of this learning ultimately contributes to the land, teachings from the community, and impact on future generations.</p>	

TASTE THE RAINBOW

Taste the Rainbow

Difficulty: 

Learn about why fruits & vegetables have different colours through an interactive physical activity

Grades: K-7

Materials

- Fruits and vegetables or imagery of fruits and vegetables that show a range of colours (and optional food varieties, such as squash and carrots), enough for one item for each student or student group

Steps

1. Arrange the food items for your class to see and engage with. Have each student choose one food item and hold on to it.
2. Have students get into groups with others who have food items of the same colour.

Questions

1. Can the foods you are holding be different colours? Why are these foods different colours? Can be due to the variety, how ripe it is, or genetics
 - a. Carrots = orange, yellow, purple
 - b. Squash = all different
 - c. Peppers = green, yellow, red
 - d. Apples = green, yellow, pink, red
2. Are you holding a fruit or vegetable? Have students separate into fruit and vegetable groups.

TASTE THE RAINBOW

- a. Fruits come from the flowering part of a plant and contain seeds.
 - b. Vegetables are the edible parts of a plant, such as the leaves, stem, roots, and bulbs.
 - c. People often associate fruits with sweetness and vegetables with a savoury taste. Although this is often true, botanists classify some savoury produce like fruits, such as tomatoes or squash.
3. Where do the fruits/vegetables grow on the plant? Invite students to arrange foods by how they think they grow or where they come from. For example: in the ground, from a tree, from a vine, from water, from an animal.
 4. Reflection. Look at where foods are grown on the plant, did anything surprise you about where it grew? What did you learn today?

Resources

- [Edible Parts of Plant: Visual](#)
- [Where Foods Come From: G 3-5](#)
- [“Fruits” That are Really Vegetables](#)
- [Edible Parts of a Plant: Video](#)
- [Edible Colours Book: Read Aloud Video](#) (Primary)
- [What gives leaves and stems their green colour? Video](#)
- [Garden & Plant Parts: Presentation Slides: Primary](#)
- Teacher Video: Changing colour concept: [Why do bananas change colour? \(Young Philosophers\)](#)

Extension Activity: Food Groups & Eating

1. Have the class select different foods and ask how these plants are related.
2. How can we group these foods?
 - a. By colour, taste, shape? How can they be eaten? How can they be cooked or prepared? Can they be eaten raw?

TASTE THE RAINBOW

- b. By food family: fruit & vegetable. [Resource: What am I: Food Literacy Activity](#)
3. Have class move around the room to group by family.
4. How many varieties are there of this food?
5. K7-12: Food skills activity: invite students to create a recipe for a food truck, special event, or their school's salad/taco/sandwich bar.
 - a. Which foods and colours would they include to make the meal visually appealing
 - b. What other factors would they consider? Example: taste, textures, ambiance, decorations. Resource: [Teach Food First: Creating a special meal event](#)