Eat a Rainbow Nutrition Activity
At Home or in the Classroom!

Teach your students about nutritious eating habits with a vibrant, fun, and colorful craft! Students will make their own food rainbows and learn the health benefits of each color group. Keep reading to find out how to do this clever activity with success and fun!

We love this nutrition craft because it helps kids learn that fruits and vegetables can be just as colorful and exciting to eat as the syrupy, sugary snacks they see advertised and promoted on TV or in the media. Students will also get a chance to explore the health benefits of eating specific color groups of fruits and vegetables. Your students will be able to make wiser food choices when they complete this educational craft. It's a win-win for the future health and wellbeing of our children.

To make a food rainbow craft, you will need to have the following items on hand:

- red, orange, yellow, green, blue, and purple construction paper
- glue sticks
- scissors
- pictures of fruits and vegetables in every color of the rainbow

There are several ways you can gather pictures of fruits and vegetables in the colors of the rainbow. You could find pictures on the internet, or magazine or newspaper inserts. It's up to you whether you want to use as few as three images for each color, or as many as ten. Keep in mind that some colors, like red and green, will be an easy find for fruits and vegetables, while other colors, like blue and purple, may be more difficult. Finally, you can decide whether you will provide the images for your students or have them find and cut them out themselves. This activity can be accomplished independently for some grade levels, or as a group assignment for younger learners, as well as a family project at home.

Here is what you will need to do:

1) Cut a half-circle shape from red construction paper. (You may want to provide tracers to help your students with this. You can use card stock to make rainbow pieces to trace ahead of time.)

2) Cut consecutively smaller half-circles from each of the colors of construction paper. Lay them on top of one another so they create the appearance of a rainbow.

3) Glue the rainbow pieces together. Then, cut out and glue each fruit or vegetable image onto the matching color of the rainbow. Spread the images out evenly over each color.

To give you a head-start on colorful food items you might want to use, we'll share the fruits and vegetables we used in our own version:

Red: watermelon, apple, red pepper, tomato, raspberry, pomegranate, cherry, red potato, strawberry, and red onion

Orange: orange, orange bell pepper, peach, mango, cantaloupe, clementine, squash, carrot, potato, and apricot

Yellow: yellow pear, papaya, corn, banana, pineapple, string bean, lemon, yellow apple, yellow bell pepper, grapefruit

Green: snap peas, broccoli, green apple, lettuce, green pear, kiwi, spinach, cucumber, zucchini, and celery

Blue: blueberries, elderberries, currants, and black grapes

Purple: eggplant, plum, purple onion, red grapes, cabbage, and purple bell pepper

Once your students have made their food rainbows, you can teach them about the health benefits of each color. We've provided a quick summary of these health benefits in the MyPlate section of this newsletter; however, a quick Internet search will allow you to be as in-depth or general in your presentation of this information as you want.

In addition to the craft and teaching portions of this activity, you could always challenge your students to bring one colored fruit or vegetable on the day you do the activity, or even a different colored food item for every day of the week. They can eat this item at snack time or during lunch, and you may want to even give bonus points if they rise to the challenge. Families, consider choosing a color, and create a meal around it!