

Colors of the Rainbow

Purpose of Activity:

1. To promote more fruit and vegetable eating.

Materials Needed:

- Paper
- Pencils
- 5 A Day sheets (see chapter resources on www.NAclubs.org)

Instructions:

1. Pass out the paper and pencils. Ask participants to write the words breakfast, lunch, dinner, and snack on their papers. Next to each, they should then list the fruits or vegetables they had yesterday for that meal or snack.
2. Help them add up the total number of fruit/vegetable servings they ate yesterday. To estimate servings, use the following description of what constitutes one serving size: 1 piece of fruit; 6 ounces of 100% fruit juice; ½ cup of cooked vegetables; 1 cup of leafy greens like lettuce; ¼ cup dried fruit.
3. Next, pass out the two 5 A Day sheets. Point out the five color groupings of the vegetables and fruits. Explain that thinking of vegetables and fruits in terms of color can make them really fun to eat.
4. Tell participants they are going to take the 5 A Day Challenge. The challenge is to eat at least one fruit or vegetable per day from each color group. Kids should keep a list for each day – marked Day 1, Day 2, etc.
5. Next week they should bring their lists to T.R.A.I.L. and compare their daily consumption with what they wrote down in Step 1 above for yesterday's meals. The challenge is to increase the number of vegetable and fruit servings they have every day. The USDA recommends that youth eat 5-9 servings of fruits and vegetables every day! The national average for young kids is 2 ½ servings a day. You might want to have your group try to at least beat that – if they don't already.