



Nutrients Sample Lesson: Pre-K



Learning Outcome: Learn the importance of eating fruits and vegetables of every color

Supplies: **MyPlate** graphic, **Site Word Books** and crayons

1. Display the **MyPlate** graphic for students to see
2. Review and name the five food groups on **MyPlate**
3. Ask students to name different fruits and vegetables and list their responses
4. Point out to students that the fruits and vegetables are lots of different colors and could make a beautiful rainbow
5. Now name colors and ask students to tell you fruits and vegetables for each color
6. Ask students why they think it is good to eat fruits and vegetables of many colors? *(They can make your plate/meal look pretty. Eating different-colored fruits and vegetables can help your body get what it needs to be healthy.)*
7. Now divide your class into two groups
 - a. Assign one group as fruits and give them the **Fruits** site word books
 - b. Assign the other group as vegetables and give them the **Vegetables** site word books
8. Read the books aloud and have students follow along in their mini books
 - a. After reading a sentence in the **Fruits** book, ask students to name another food or object that is the same color
 - b. After reading a sentence in the **Vegetables** book, have students make an "I have" sentence
9. Let students color the pages

