









Lesson 2: Eat the Rainbow

	Skill Objectives	Model the essential vitamins and minerals that specific fruits, protein, vegetables and dairy provide.
	Big Idea	When natural foods, like fruits and vegetables, are very colorful, that's a clue that the food contains something called nutrients, which our bodies need to grow.
	Discussion	What is a colorful GO food that you like to eat?
	Engage	<p>Activity: Vitamin & Mineral Alphabet Shapes</p> <p>Students learn some foods that are high vitamins A, B12, C & D and make their body into letter shapes: A, B, C, D. Then, students learn about some foods that are high in iron, calcium, magnesium and potassium and make their body into I, C, M and P shapes</p>
	Review & Reflect	<ul style="list-style-type: none"> • Why is it important to "eat the rainbow" • What are some foods with vitamins and minerals that you like to eat?
	Grade-Level Differentiation	<p>Kindergarten</p> <p>Don't worry about mastering big vocabulary words and simply focus on identifying types of foods that help the body grow, including fruits, vegetables, dairy, and protein.</p> <p>1st Grade</p> <p>Ensure first graders understand that fruits, proteins, vegetables, and dairy provide essential vitamins and minerals.</p> <p>2nd Grade</p> <p>Challenge 2nd graders to become proficient in identifying types of nutrients.</p>



**DOWNLOAD
POWERPOINT**

**LESSON
SCRIPT**