

The Farmer Grows a Rainbow

Super K Buffet

Grade Level: K

Approximate Length of Activity: One-two class periods

Objective

Teacher

1. Help students develop an understanding of healthy food choices they can make each day.

Students

1. Will read or begin to read.
2. Use new vocabulary in speech and writing.
3. Will compare attributes of objects using appropriate vocabulary.
4. Place foods in appropriate group of the MyPyramid.
5. Make healthful food choices.
6. Apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development and maintenance.
7. Exhibit a physically active lifestyle.

Michigan Content Standards: (Health) Strand 1-Standard 1- 1.1, 1.2; Strand 1-Standard 3-1.4, 1.5

Vocabulary

- **Beans**
- **Fruits**
- **Grains**
- **Meat**
- **Milk**
- **Nutrition**
- **Oils**
- **Pyramid**
- **Rainbow**
- **Vegetables**

Preparation

- Make necessary preparations as outlined in “The Farmer Grows a Rainbow-Main Course” lesson.
- Gather photos and/or graphic representations of foods from each food group.
- Food labels brought in by students will work well.
- Have paper plates and crayons/markers ready for distribution.
- Prepare MyPyramid for display in the classroom.

Activity Outline

1. Teach “The Farmer Grows a Rainbow-Main Course” lesson.
2. Share photos, food drawings and labels and discuss food groups to which each example belongs.
3. Discuss the concept that all food items we eat are produced by farmers. Ask students to raise their hands if there is a farmer in their family.
4. Explain that farmers grow many different foods. Many have high nutritional value and should be a part of daily eating. Others need to be eaten in moderation. Cite examples. As reinforcement, have students complete the lab sheet “Nutritious Choices.”
5. Lead a discussion centered on healthy food choices.
6. Have students draw and color a rainbow design and their description of a farmer at work on their white paper/foam plates.
7. Students demonstrate their understanding of class discussion by selecting laminated photos and food pictures and placing them on their plates. This activity can be a part of a housekeeping center and can be checked by the teacher, assistant or volunteer for appropriate choices.
8. Students should be challenged to make appropriate choices for school breakfasts and lunches as well.
9. For physical activity, have students participate in “Run the Rainbow Challenge: Rainbows Aloft.”

Materials Needed

- White paper or foam plates
- Crayons or markers
- Pictures of various food items

Discussion Questions

1. What is MyPyramid?
2. What is an example of a healthy food choice?
3. How does a farmer grow a rainbow?
4. Will you make healthy food choices in the cafeteria at breakfast and lunchtime?

Related Activities

1. Have students properly set a table or place setting and role play proper etiquette and food safety protocol (i.e. serving with a spoon-not picking food up with hands; hand washing; napkin in lap, etc.)
2. The Food Pyramid Bead Activity by Wisconsin Agriculture in the Classroom located at the end of the “The Farmer Grows a Rainbow-Main Course” lesson.
3. The lesson “Be a Food Explorer” located in the health section of this curriculum guide.
4. The lesson “Food...Can You Handle It?” located in the health section of this curriculum guide.
5. The lesson “Build a Burger” located in the health section of this curriculum guide.

Book Resources

1. “Growing Colors” by Bruce McMillan
2. “The Milk Group” by Mari Schuh
3. “The Meat and Beans Group” by Mari Schuh
4. “The Vegetable Group” by Mari Schuh
5. “The Grain Group” by Mari Schuh
6. “The Fruit Group” by Mari Schuh
7. “A Fruit and Vegetable Man” by Roni Schotter
8. “Being Active” by Mari Schuh
9. “Good for Me and You” by Mercer Mayer

Acknowledgement: This lesson was provided courtesy of North Carolina Agriculture in the Classroom and the United State Department of Agriculture.

Run the Rainbow Challenge: Rainbows Aloft

Students have practiced choosing a rainbow of colors on their plates to assure that they are getting a variety of foods that provide all the nutrients their bodies need. To help students associate the various colors of MyPyramid with the food groups they represent, play "Rainbows Aloft" with the class.

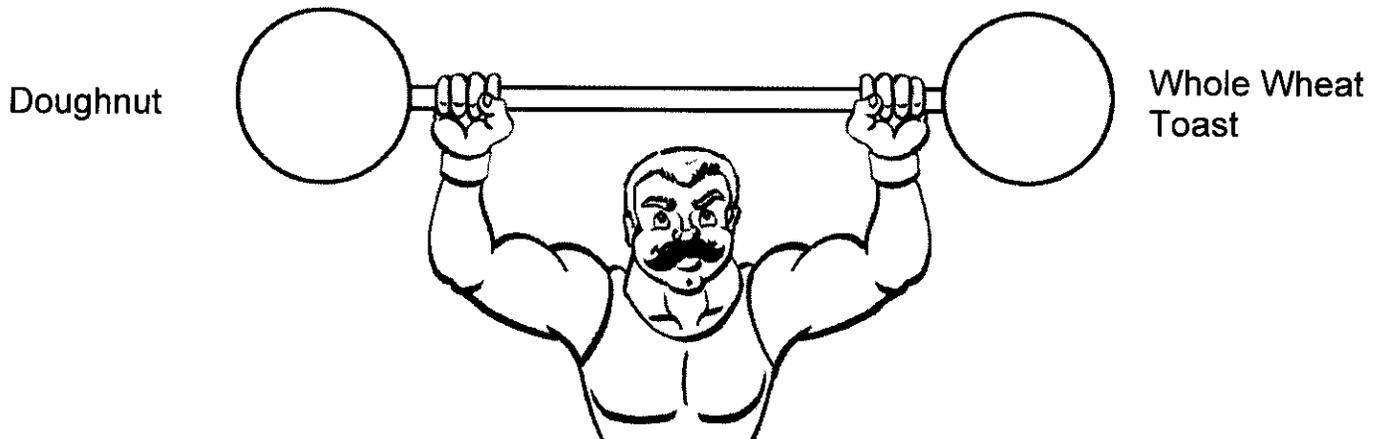
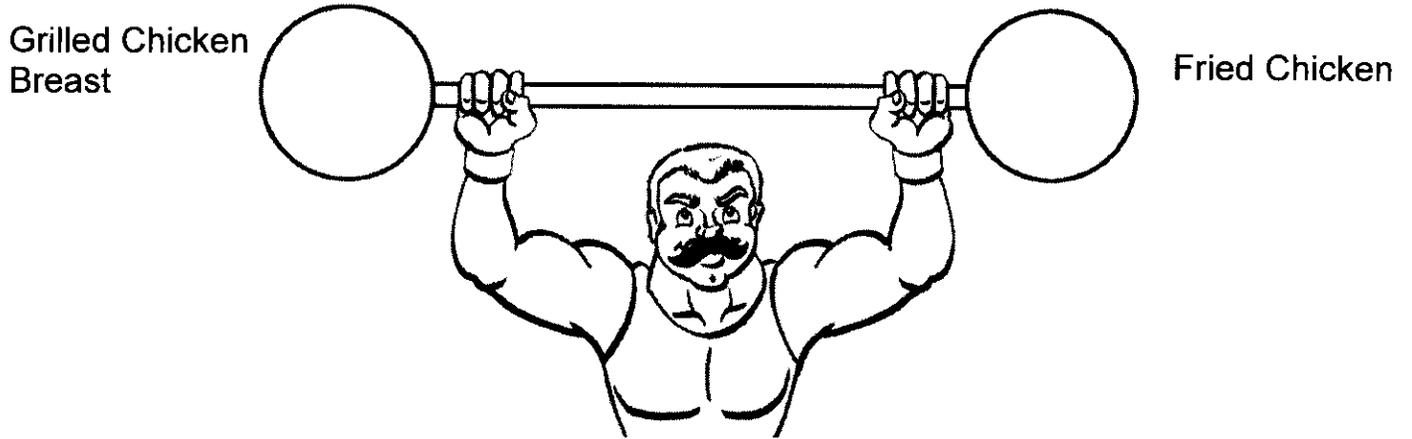
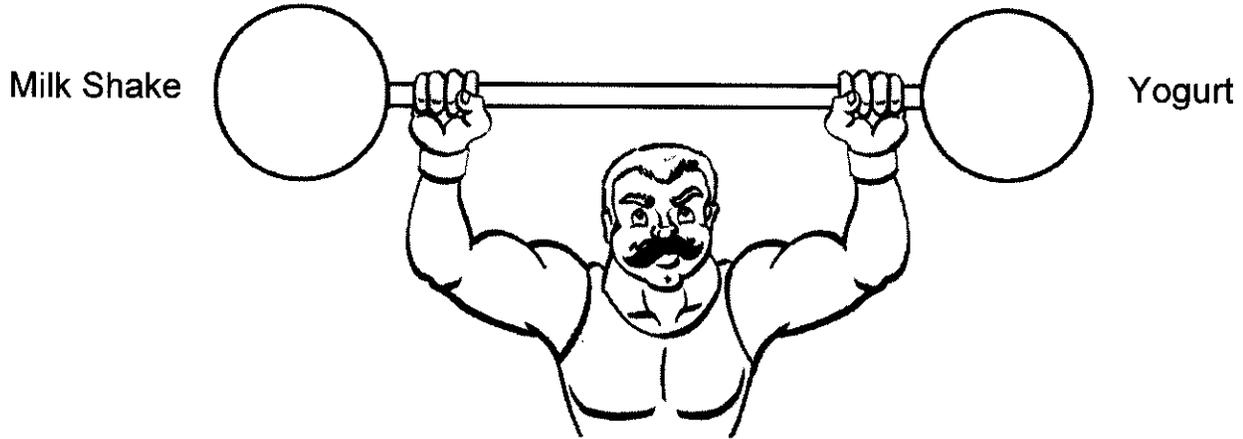
The game can be played using balloons that are batted by students to stay aloft or colored sheer scarves, which students can blow. Have the children stand in a random arrangement. Sing and/or play a recording of the song, "The Farmer Grows a Rainbow." A recording is available on "The Farmer Grows a Rainbow" DVD, or on the national Ag in the Classroom Web site www.agclassroom.org.

Students may move to the music and sing along with the first verse. As the subsequent verses are sung, the teacher should toss in balloons or scarves that match the color represented by the food group mentioned. Students sing along and do their part to keep the colors aloft. If a playground parachute is available, the activity may be adapted to include use of the parachute.

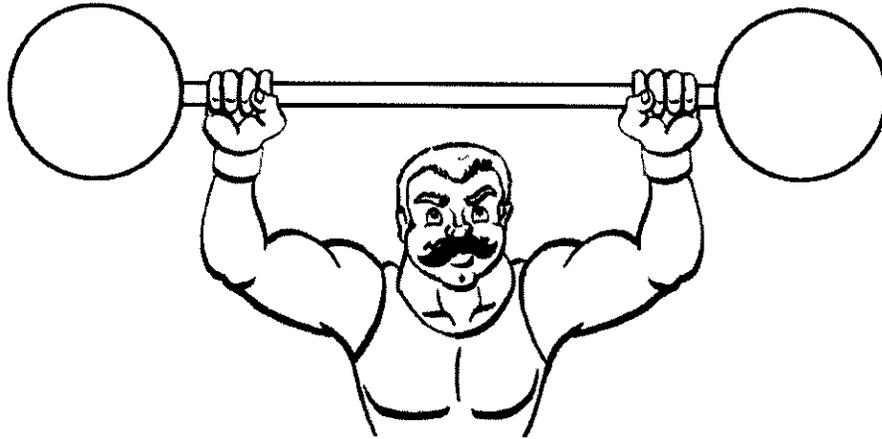
Nutritious Choices

Farmers provide you with nutritious foods. Some foods help you grow and make you strong. You should eat more of these foods every day.

Directions: For each picture, color the body builder's weight that shows the food that is the healthier choice.

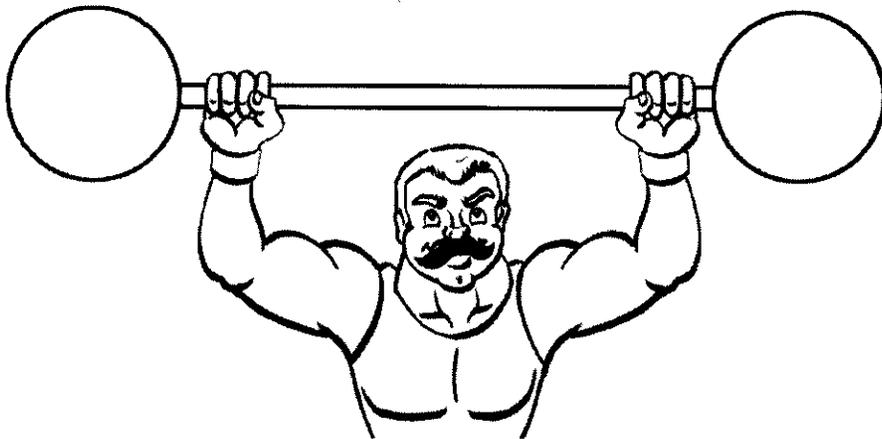


Tossed Green
Salad



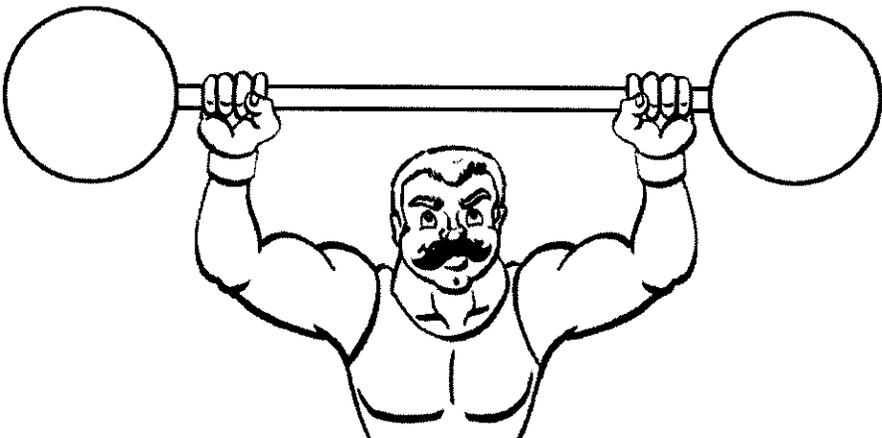
French Fries

Apple



Apple Pie

Ranch
Dressing



Olive Oil
Dressing