

Eat Your Colors – Teacher Talking Points

Background

Most children in the U.S. are not eating enough fruits and vegetables:

- Over half of all elementary students eat no fruit or vegetable on any given day
- 3 in 10 students eat less than one serving of vegetables a day
- One quarter of all “vegetables” eaten by elementary students are french fries

LET’S CHANGE THAT!!! Start today by learning why we should eat from all the colors of the rainbow.

Each day this week, we will discuss a different color of the rainbow and fruits and vegetables of that color. By the end of the week, we will understand the importance of eating a colorful variety of fruits and vegetables every day.

Color of the Rainbow	Examples of fruits and vegetables	Why is this color good for me?	Trivia / Riddles
Day 1: RED	Red apples Cherries Cranberries Red grapes Grapefruit Pomegranates Raspberries Strawberries Watermelon Beets Red peppers Radishes Red onions Red potatoes Tomatoes	Red fruits and vegetables: <ul style="list-style-type: none"> • Keep you healthy as you get older (they lower your risk of heart disease and certain cancers) • Help you remember things (memory function) • Keep your heart healthy 	Do you know...? <ul style="list-style-type: none"> • Fresh apples float! Do you know why? It’s because 25% of their volume is air. • Green and red bell peppers come from the same plant – as bell peppers mature, the color changes from green to red as they ripen and sweeten. That’s why red bell peppers are sweeter than green. • Strawberries, what you are tasting today, are the only fruit with seeds on the outside. Native American called strawberries "heart-seed berries" and pounded them into their traditional corn-meal bread. Discovering the great taste of the Native American bread, colonists decided to create their own version, which became an American favorite that we know as Strawberry Shortcake. On average, there are 200 tiny seeds in every strawberry. And, if all the strawberries produced in California this year were laid berry to berry, they'd wrap around the world 15 times. What am I? <ul style="list-style-type: none"> • I’m red with a single seed in the middle. I grow on trees. I’m the last thing on top of a banana split. (Cherry) • I’m green outside, red inside, and I sometimes have lots of black seeds. I can be really heavy! (Watermelon)
Day 2: ORANGE/ YELLOW	Apricots Bananas Cantaloupe Grapefruit Lemon Mangoes Nectarines Oranges Papayas Peaches Pineapples Tangerines Butternut squash Carrots Yellow peppers Yellow potatoes Pumpkin Rutabagas Sweet corn Sweet potatoes Yellow tomatoes	Orange and yellow fruits and vegetables: <ul style="list-style-type: none"> • Help you to be able to see (help you maintain good eyesight and vision health) • Keep you from getting sick (help maintain a healthy immune system) • Keep your heart healthy (may reduce the risk of heart disease and complications of diabetes) • Keep you healthy as you get older (they lower your risk of certain cancers) 	Do you know...? <ul style="list-style-type: none"> • Baby carrots are cut from large carrots. • Bananas are green when they are picked, and they don’t turn yellow until they ripen. • Which state produces more carrots than any other state in the U.S.? (California) • What is the most popular fruit in the <u>United States</u>? (Banana) • What is the most popular fruit in the <u>world</u>? (Mango) What am I? <ul style="list-style-type: none"> • I am a yellow citrus fruit and I am very sour. (Lemon) • I’m Bugs Bunny’s favorite vegetable, and I’m orange. (Carrot)

<p>Day 3: GREEN</p>	<p>Avocados Green apples Green grapes Honeydew Kiwifruit Limes Green pears</p> <p>Artichokes Asparagus Broccoli Brussels sprouts Green beans Green cabbage Celery Chayote squash Cucumbers Leafy greens Lettuce Green onion Okra Peas Green pepper Spinach Zucchini</p>	<p>Green fruits and vegetables:</p> <ul style="list-style-type: none"> • Keep your bones and teeth strong • Keep you healthy as you get older (they lower your risk of heart disease and certain cancers) • Keep your eyes healthy (vision health) 	<p>Do you know...?</p> <ul style="list-style-type: none"> • Asparagus was first grown in Greece about 2,500 years ago. • California is broccoli country. Our state grows more than 90% of the nations broccoli! • Which vegetable is never sold canned, dried or frozen, only fresh? (Lettuce) <p>What am I?</p> <ul style="list-style-type: none"> • I'm fuzzy and brown on the outside, but I have black seeds and am green on the inside. (Kiwi) • I am often called a 'super food' because I have so many vitamins and minerals. Eating my leaves will help keep you healthy and just might make you strong like Popeye. (Spinach)
<p>Day 4: BLUE/ PURPLE</p>	<p>Blackberries Blueberries Black currants Dried plums Purple figs Purple grapes Plums Raisins</p> <p>Eggplant Purple peppers Purple potatoes</p>	<p>Blue and Purple fruits and vegetables:</p> <ul style="list-style-type: none"> • Keep you healthy as you get older (they lower your risk of heart disease and certain cancers) • Help you remember things (memory function) • Help you to digest food 	<p>Do you know...?</p> <ul style="list-style-type: none"> • Blueberries grow in clusters on bushes. • Eggplants are almost 95% water. • 70% of the world's plums are grown in California <p>What am I?</p> <ul style="list-style-type: none"> • I grow on bunches on vines. When I am dried, I become a raisin. (Grape) • I am small and bite sized and one of the only blue colored fruits around. (Blueberry)
<p>Day 5: WHITE</p>	<p>Dates Diakon White nectarines White peaches</p> <p>Cauliflower Garlic Ginger Jicama Mushrooms Onions Parsnips White potatoes Shallots Turnips White Corn</p>	<p>White fruits and vegetables:</p> <ul style="list-style-type: none"> • Help keep your blood pressure at a healthy level • Keep you healthy as you get older (they lower your risk of heart disease and certain cancers) 	<p>Do you know...?</p> <ul style="list-style-type: none"> • California produces more cauliflower than any other state in the U.S. • Diakon, what you are tasting today, is from the mustard family. It is also called a Chinese Radish. Diakon can be grated, added to various cooked dishes, sliced and added to fresh salads, shredded and stir-fried with onions and shrimp, or boiled in broth. Some asian cultures (Korea, Japan, Southeast Asia) pickle or kimchee the diakon and eat it as a side dish or in their sandwiches. Also, there are many medicinal uses for diakon. It can grow to be 20 inches long! <p>What am I?</p> <ul style="list-style-type: none"> • I'm great in tacos, hamburgers, or pasta sauce, but sometimes I can make you cry. (Onion) • I have a strong taste and odor, and rumor has it that I can keep vampires away. (Garlic)