

Eat Your Colors – Teacher Talking Points

Background

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

- 10 to 14 year olds are almost 22% less likely to eat the recommended amount of fruit and vegetables in comparison to children under 4 years of age.
- Less than half of all teenagers in California between the ages of 12 and 17 report eating the recommended 5 or more servings of fruit and vegetables on a given day.
- Fruit and vegetable intake decreases between middle and high school for *all* youths.

Poor nutrition, including not eating enough fruits and vegetables, negatively affects teenagers’ energy levels, ability to concentrate, and ability to learn. It also leads to increased illness and absenteeism, which both cause schools to lose money.

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
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 are the only fruit with seeds on the outside. • There are over 600 different cherry varieties.



<p>Day 2: ORANGE/ YELLOW</p>	<p>Apricots Cantaloupe Grapefruit Lemon Mangoes Nectarines Oranges Papayas Peaches Pineapples Tangerines</p> <p>Butternut squash Carrots Yellow peppers Yellow potatoes Pumpkin Rutabagas Sweet corn Sweet potatoes Yellow tomatoes</p>	<p>Orange and yellow fruits and vegetables:</p> <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) 	<p>Do you know...?</p> <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 United States? (Banana) • What is the most popular fruit in the world? (Mango)
<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) • California is the only state that produces kiwifruit in the United States. • Green grapes need to be picked at just the right moment of ripeness as they don't sweeten after picking.

<p>Day 4:</p> <p>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. • Purple cabbage juice is an indicator – when mixed with an acid like lemon juice, it will turn red, but when mixed with a base like baking soda, it turns blue.
<p>Day 5:</p> <p>WHITE</p>	<p>Dates White nectarines White peaches</p> <p>Cauliflower Daikon 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. • The average American eats about 124 pounds of potatoes per year. (Germans, on average, eat twice as much). • Daikon, an Asian radish, comes from two Japanese words: Dai (meaning large) and kon (meaning root). Daikon can grow to be 20 inches long!