

K - PP

Lesson 6 – Vegetable Rainbow

WA Curriculum Links

Main curriculum area: Health and Physical Education

Pre-primary

- **ACPPS006** Actions that promote health, safety and wellbeing, such as eating healthy food, practising appropriate personal hygiene routines, identifying household substances that can be dangerous, following safety symbols and procedures
- **ACIS011** Participate in guided investigations and make observations using the senses

General capabilities

- Literacy

Resources

- Worksheet 4 – 1 tasting sheet per group
- Some of the vegetables pictured on the tasting sheet. You do not need to provide every vegetable.
- Platter or bowls

Preparation

- Choose one of the three tasting sheets to use for the lesson and print a copy for each group (Worksheet 4).
- Prepare vegetables and arrange on a platter.

LESSON OVERVIEW

This is a hands on activity in which students try different vegetables and report on their taste. Students are encouraged to eat a rainbow of vegetables for health.

Additional information for teachers

- Some students may be reluctant to eat some or all of the vegetables. Encourage participation in these children but do not try to force the issue.

ACTIVITIES















1. Every student must wash and dry their hands.
2. Tell students that vegetables come in lots of different colours and that it is important to eat a rainbow of vegetables to be healthy.
3. Provide each group with a tasting sheet (worksheet 4) and explain how to fill out the table.
4. Invite students to try some of the vegetables and write their responses on the tasting sheet.
5. Class discussion
 - ▶ Did anyone try a vegetable they haven't tasted before?
 - ▶ Describe one of the new vegetables using the senses – texture (touch), taste, smell, colour and shape (sight).
 - ▶ How many different coloured vegetables did you try?

CRUNCH THE RAINBOW






Choose a variety of colourful fresh fruits and vegetables for Crunch&Sip® to fill your body with goodness!

www.crunchandsip.com.au Crunch&Sip® Cancer Council Western Australia healthway






Vegetable tasting sheet 1

		Have you tried this before?	Did you try this today?	Yum!	Unsure	My taste buds don't like it yet
						
Avocado						
Beetroot						
Bok choy						
Broccoli						
Capsicum						
Carrot						
Corn						
Green beans						
Snow peas						
Spinach						

Vegetable tasting sheet 2

		Have you tried this before?	Did you try this today?	Yum!	Unsure	My taste buds don't like it yet
						
Asparagus						
Brussel sprouts						
Capsicum						
Carrot						
Cucumber						
Eggplant						
Lettuce						
Mushroom						
Radish						
Sweet potato						

Vegetable tasting sheet 3

		Have you tried this before? 	Did you try this today? 	Yum! 	Unsure 	My taste buds don't like it yet 
Cabbage						
Carrot						
Cauliflower						
Celery						
Peas						
Pumpkin						
Silverbeet						
Squash						
Tomato						
Zucchini						

YEAR 1 - 2

Lesson 5 – Vegetable Rainbow

WA Curriculum Links

Main curriculum area: Health and Physical Education

Year 1

- **ACPPS018** The benefits of healthy eating and regular physical activity on health and wellbeing

Year 2

- **ACPPS018** Strategies and behaviours that promote health and wellbeing: personal hygiene practices, healthy eating, sufficient sleep, staying hydrated, regular physical activity

General capabilities

- Literacy
- Numeracy
- Personal and social capability

Resources

- Raw vegetables across each of the 5 colour groups (~1kg per 10 students)
- Chopping boards, knives, peelers
- Plates
- Other equipment as specified on recipe sheets

Preparation

- Prior to the lesson check that students do not have allergies or intolerances to any of the foods used and all of the ingredients are culturally appropriate.
- Invite parent helpers to join the class for the cooking lesson.
- Ask parents to donate (or loan as appropriate) ingredients and equipment.
- Prepare the cooking area.

LESSON OVERVIEW

This lesson introduces students to the idea that different coloured vegetables contain different and complementary nutrients, and that eating a variety of vegetables from across the rainbow will confer the greatest health benefit. Students prepare a rainbow vegetable platter with different coloured cut-up vegetables.

Additional information for teachers

- Using knives in a safe manner should be emphasised and students should be supervised at all times. Child friendly knives that require a sawing rather than chopping action can be purchased if you are concerned about your students using regular knives.
- When talking about nutrients with students emphasise that no one nutrient is more important than the other and that the biggest health benefit is seen when eating across the colour groups to get a range of different nutrients (eating a massive amount of one nutrient won't give you superpowers!)
- For more information and resources on the nutrients in different vegetables visit www.veggycation.com.au



ACTIVITIES

1. Ask students to recall some of the benefits of eating vegetables discussed in the last lesson.
2. Tell students that *vegetables come in lots of different colours and different coloured vegetables contain different nutrients. It is important to eat a rainbow of vegetables because this will mean that you are getting all the nutrients you need to be healthy.*
3. Go through each colour group and ask students to name some vegetable examples using the information below as a guide.

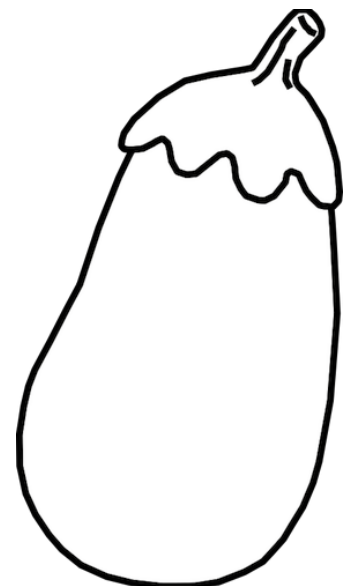
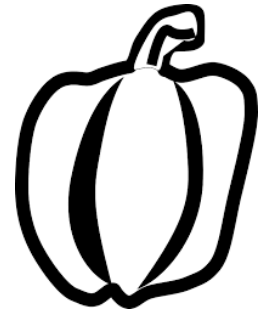
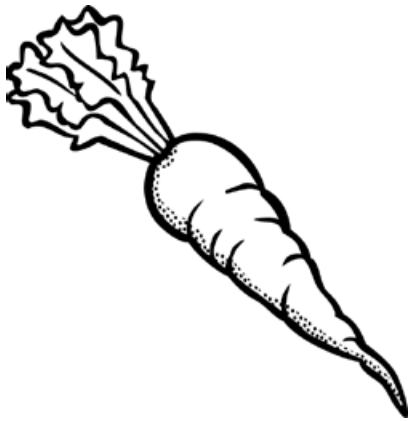
RED	Tomato, red capsicum, red kidney beans, radish, red skinned potato
ORANGE and YELLOW	Carrot, pumpkin, sweet potato, orange and yellow capsicum, corn, squash
GREEN	Spinach, broccoli, Asian greens, celery, green capsicum, asparagus, cabbage, Brussel sprouts, peas, cucumber, avocado, lettuce, zucchini, kale, green beans, snow peas, sugar snap peas
BLUE and PURPLE	Eggplant, beetroot, purple cauliflower, purple carrot
WHITE and BROWN	Cauliflower, onion, chickpeas, lentils, leeks, mushroom, potato

4. Let students know that today they will be participating in a special rainbow vegetable activity tasting event.
5. Go over food and kitchen safety rules.
6. Before preparing food every student must wash and dry their hands.
7. Divide students into 3 groups and assign each group of students one of the following roles:
 - ▶ Peel and chop vegetables – red, orange and yellow vegetables
 - ▶ Peel and chop vegetables – blue, purple, white and brown vegetables
 - ▶ Peel and chop vegetables – green vegetables
8. Get students to work within their group to arrange their vegetables into a vegetable rainbow.
9. Clean up the cooking area and wash and dry any dishes.
10. Enjoy eating your rainbow vegetable creation with the students and parent helpers!
11. Discuss with your students what their favourite vegetable was from the lesson. Did any try a new vegetable today? What did they think of it?

Alternative activities

- Complete activities 1-5. Provide each student with a copy of Worksheet 5. Ask students to colour in the pictures of different vegetables with their appropriate colour. Students will then cut out the pictures and glue onto a blank piece of paper to create a vegetable rainbow.
- You could alter this activity by printing out pictures of coloured vegetables and cutting them into smaller pieces if real vegetables are not available.
- If children have dietary requirements or preferences you can cook and blend vegetables ahead of time or use pictures.
- You could make rainbow pizza's by cutting wraps or pizza bases in half, sprinkling with a little bit of tomato paste and cheese, then topping with vegetables in a rainbow format.

Eat a vegetable rainbow



YEAR 3 - 4

Lesson 5 – Vegetable Rainbow

WA Curriculum Links

Main curriculum area: Health and Physical Education

Year 3

- **ACPPS036** Actions in daily routines that promote health, safety and wellbeing: healthy eating, appropriate levels of physical activity

Year 4

- **ACPPS036/040** Strategies to ensure safety and wellbeing at home and at school, such as: following school rules, identifying and choosing healthier food for themselves

General capabilities

- Literacy
- Numeracy

Resources

- Different coloured raw vegetables (~1kg per 10 students)
- Chopping boards, knives, peelers
- Serving platter, serving bowls
- Other equipment as specified on recipe sheets

Preparation

- Prior to the lesson check that students do not have allergies or intolerances to any of the foods used and all of the ingredients are culturally appropriate.
- Invite parent helpers to join the class for the cooking lesson.
- Ask parents to donate (or loan as appropriate) recipe ingredients, vegetables, chopping boards, knives, peelers, serving platter, serving bowls, other equipment.
- Prepare the cooking area.

LESSON OVERVIEW

This lesson introduces students to the idea that different coloured vegetables contain different and complementary nutrients, and that eating a variety of vegetables from across the rainbow will confer the greatest health benefit. Students prepare a rainbow vegetable platter.

Additional information for teachers

- Using knives in a safe manner should be emphasised and students should be supervised at all times. Child friendly knives that require a sawing rather than chopping action can be purchased if you are concerned about your students using regular knives.
- Some examples of vegetables from different colour groups and some of the key nutrients they contain are shown below:

Colour group	Vegetable examples	Key nutrients
RED	Tomato, red capsicum, red kidney beans, radish, red skinned potato	Phytonutrients like lycopene, carotenoids and flavonols. Some red vegetables are also high in vitamin C.
ORANGE and YELLOW	Carrot, pumpkin, sweet potato, orange and yellow capsicum, corn, squash	Carotenoids like beta-carotene, lutein and zeaxanthin. Some orange and yellow vegetables also contain good amounts of vitamin A, potassium and vitamin C.
GREEN	Spinach, broccoli, Asian greens, celery, green capsicum, asparagus, cabbage, Brussel sprouts, peas, cucumber, avocado, lettuce, zucchini, kale, green beans, snow peas, sugar snap peas	A range of phytonutrients including carotenoids, flavonoids and indoles (cabbage, bok choy and broccoli). Leafy greens also contain folate and vitamin K.
BLUE and PURPLE	Eggplant, beetroot, purple cauliflower, purple carrot	The purple-blue hue shows the presence of anthocyanin, an antioxidant.
WHITE and BROWN	Cauliflower, onion, chickpeas, lentils, leeks, mushroom, potato	Commonly contain inulin and allium sulphur compounds. Some members of this group are a source of potassium, vitamin C and folate.

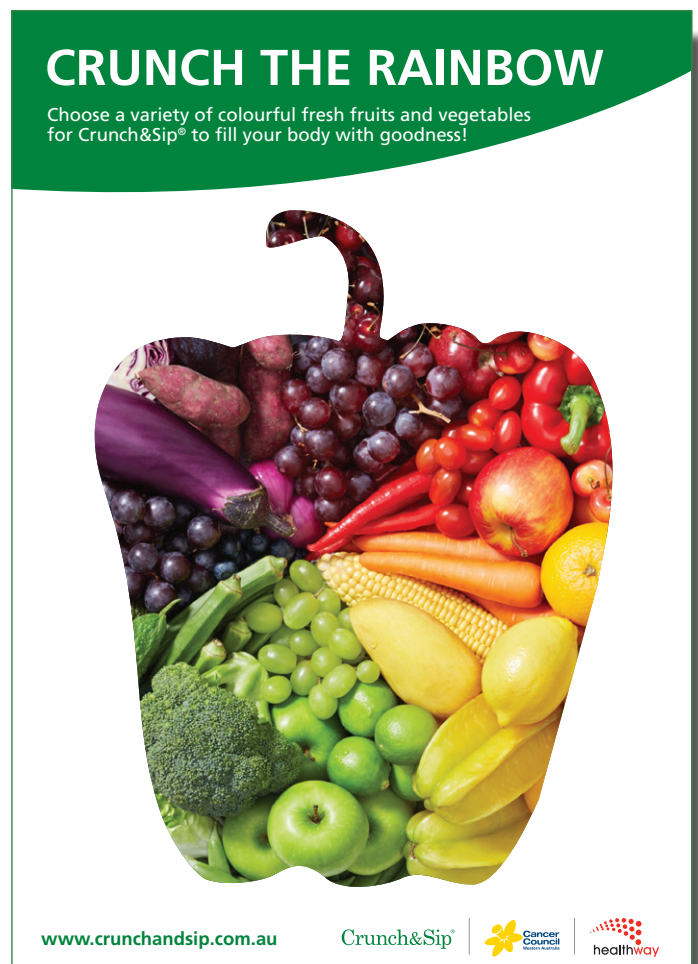
- When talking about nutrients with students emphasise that no one nutrient is more important than the other and that the biggest health benefit is seen when eating across the colour groups to get a range of different nutrients (eating a massive amount of one nutrient won't give you superpowers!)
- For more information and resources on the nutrients in different vegetables visit www.veggycation.com.au

ACTIVITIES

1. Ask students if they have heard of 'eating a rainbow' and what they think this means.
2. Tell students that *vegetables come in lots of different colours and different coloured vegetables contain different nutrients. If you eat a rainbow of vegetables you will get all the nutrients you need to be healthy.*
3. Let students know that today they will be participating in a special rainbow vegetable activity tasting event.
4. Go over food and kitchen safety rules.
5. Before preparing food every student must wash and dry their hands.
6. Divide students into 3 groups and assign each group one of the following roles:
 - ▶ Peel and chop vegetables – red, orange and yellow vegetables
 - ▶ Peel and chop vegetables – purple, white and brown vegetables
 - ▶ Peel and chop vegetables – green vegetables
7. Get students to work within their group to arrange their vegetables into a vegetable rainbow.
8. Clean up the cooking area and wash and dry any dishes.
9. Enjoy eating your rainbow vegetable creation.
10. Discuss with your students what their favourite vegetable was from the lesson. Did any try a new vegetable today? What did they think of it?

Alternative activities

- Explain the benefits of eating a rainbow of vegetables. Students will then create a 'Crunch the Rainbow' poster encouraging school children to bring in different coloured vegetables for their Crunch&Sip® breaks.
- You could alter this activity by printing out pictures of coloured vegetables and cutting them into smaller pieces if real vegetables are not available.
- If children have dietary requirements or preferences you can cook and blend vegetables ahead of time or use pictures.
- You could make rainbow pizza's by cutting wraps or pizza bases in half, sprinkling with a little bit of tomato paste and cheese, then topping with vegetables in a rainbow format.



YEAR 5 - 6

Lesson 6 – Vegetable Rainbow

WA Curriculum Links

Main curriculum area: Health and Physical Education

Year 5

- [ACPPS054](#) Strategies that promote a safe, healthy lifestyle, such as: comparing food labels on products, increased physical activity, practising sun safety

Year 6

- [ACPPS054](#) Strategies that promote a healthy lifestyle, such as: refusing medicines, tobacco, alcohol or other drugs
- [ACTDEK022](#) Principles of food preparation for healthy eating

General capabilities

- Literacy
- Numeracy
- Personal and social capability

Resources

- Raw vegetables across each of the 5 colour groups (~1kg per 10 students),
- Chopping boards, knives, peelers
- Plates
- **Preparation**
- Prior to the lesson check that students do not have allergies or intolerances to any of the foods used and all of the ingredients are culturally appropriate.
- Invite parent helpers to join the class for the cooking lesson.
- Ask parents to donate (or loan as appropriate) ingredients and equipment.
- Cooked vegetables used to make dips can be pre-prepared to reduce the lesson time or if you do not have access to a stove/oven that students can use.
- Prepare the cooking area

LESSON OVERVIEW

This lesson introduces students to the idea that different coloured vegetables contain different and complementary nutrients and that eating a variety of vegetables from across the rainbow will confer the greatest health benefit. Students prepare a rainbow vegetable platter with different coloured vegetables.

Additional information for teachers

- Using knives in a safe manner should be emphasised and students should be supervised at all times. Child friendly knives that require a sawing rather than chopping action can be purchased if you are concerned about your students using regular knives.
- Some examples of vegetables from different colour groups and some of the key nutrients they contain are shown below:

Colour group	Vegetable example	Key nutrients
RED	Tomato, red capsicum, red kidney beans, radish, red skinned potato	Phytonutrients like lycopene, carotenoids and flavonols. Some red vegetables are also high in vitamin C.
ORANGE and YELLOW	Carrot, pumpkin, sweet potato, orange and yellow capsicum, corn, squash	Carotenoids like beta-carotene, lutein and zeaxanthin. Some orange and yellow vegetables also contain good amounts of vitamin A, potassium and vitamin C.
GREEN	Spinach, broccoli, Asian greens, celery, green capsicum, asparagus, cabbage, Brussel sprouts, peas, cucumber, avocado, lettuce, zucchini, kale, green beans, snow peas, sugar snap peas	A range of phytonutrients including carotenoids, flavonoids and indoles (cabbage, bok choy and broccoli). Leafy greens also contain folate and vitamin K.
BLUE and PURPLE	Eggplant, beetroot, purple cauliflower, purple carrot	The purple-blue hue shows the presence of anthocyanin, an antioxidant.
WHITE and BROWN	Cauliflower, onion, chickpeas, lentils, leeks, mushroom, potato	Commonly contain inulin and allium sulphur compounds. Some members of this group are a source of potassium, vitamin C and folate.

- When talking about nutrients with students emphasise that no one nutrient is more important than the other and that the biggest health benefit is seen when eating across the colour groups to get a range of different nutrients (eating a massive amount of one nutrient won't give you superpowers!)
- For more information and resources on the nutrients in different vegetables visit www.veggycation.com.au

ACTIVITIES

1. Ask students to recall some of the benefits of eating vegetables discussed in the last lesson.
2. Remind students that *vegetables contain thousands of tiny invisible particles called nutrients that your body breaks down and absorbs during digestion. These particles all work together to help keep your body healthy.*
3. Tell students that *vegetables come in lots of different colours and different coloured vegetables contain different nutrients. It is important to eat a rainbow of vegetables because this will mean that you are getting all the nutrients you need to be healthy.*
4. Ask students to name some different coloured vegetables and identify which of these would be suitable for Crunch&Sip®.

RED	Tomato, red capsicum, red kidney beans, radish, red skinned potato
ORANGE and YELLOW	Carrot, pumpkin, sweet potato, orange and yellow capsicum, corn, squash
GREEN	Spinach, broccoli, Asian greens, celery, green capsicum, asparagus, cabbage, Brussel sprouts, peas, cucumber, avocado, lettuce, zucchini, kale, green beans, snow peas, sugar snap peas
BLUE and PURPLE	Eggplant, beetroot, purple cauliflower, purple carrot
WHITE and BROWN	Cauliflower, onion, chickpeas, lentils, leeks, mushroom, potato

5. Let students know that today they will be participating in a special rainbow vegetable activity.
6. Go over food and kitchen safety rules.
7. Before preparing food every student must wash and dry their hands.
8. Divide students into 3 groups and assign each group of students one of the following roles:
 - ▶ Peel and chop vegetables – red, orange and yellow vegetables
 - ▶ Peel and chop vegetables – blue, purple, white and brown vegetables
 - ▶ Peel and chop vegetables – green vegetables
9. Get students to work within their group to arrange their vegetables into a vegetable rainbow.
10. Clean up the cooking area and wash and dry any dishes.
11. Enjoy eating your rainbow vegetable creation with the students and parent helpers!
12. Discuss with your students what their favourite vegetable was from the lesson. Did any try a new vegetable today? What did they think of it?

Alternative activities

- Complete activities 1-4. Ask students to design a rainbow vegetable recipe that includes vegetables of many different colours, for example, a colourful stir-fry, vegetable soup, layered salad or rainbow pasta dish.
- You could alter this activity by printing out pictures of coloured vegetables and cutting them into smaller pieces if real vegetables are not available.
- If children have dietary requirements or preferences you can cook and blend vegetables ahead of time or use pictures.
- You could make rainbow pizza's by cutting wraps or pizza bases in half, sprinkling with a little bit of tomato paste and cheese, then topping with vegetables in a rainbow format.