



Eat from the Color Wheel

Outcome Area: Healthy Lifestyles

Curriculum Area: Healthy Lifestyles Education

Specific Project(s): Six Easy Bites, Fast Foods, Tasty Tidbits

Description of Activity: Youth will learn the importance of the fruit food group and how we should eat a variety of fruits and vegetables.

Age Level: 5 - 10 years

Group Size: Any

Time Involved: **Preparation Time:** 15 minutes **Activity Time:** 30 minutes

Materials Needed:

- Book "The Fruit Flies' Picnic" by Kathleen Stefancin
- MyPyramid Poster, found on the web
- Color Wheel Worksheet
- Crayons
- Scissors
- Glue stick

Activity:

1. Introduce the fruit group on the MyPyramid poster. Show some different types of fruits. Discuss the importance of Vitamin C from the fruit group to fight infection and make skin healthy.
2. Read the story, "The Fruit Flies' Picnic" to the youth.
3. Discuss the importance of eating a variety of fruits and vegetables of different colors.
4. Have the youth color the fruits and vegetables on the worksheet.
5. Youth will cut out the squares and glue them in the proper color on the color wheel.

Lesson developed by: Lisa Poppe, Extension Educator in Dodge County

