



American Heart Association®

Teaching Gardens®

Grade Band

K-5

Time

30 minutes

Season

Any

Location

Indoors or Outdoors

Making a Rainbow of Fruits and Vegetables

Description:

In this activity, students choose a fruit or vegetable to illustrate. Then the teacher puts all of the illustrations together to create a class rainbow of fruits and vegetables. This is a great display for a classroom, a school hallway, or even the cafeteria!

Materials:

- Butcher paper
- 1 marker
- Tape to hang butcher paper on the wall
- Art paper for each student
- Crayons, colored pencils, or watercolors with water cups, paper towels, and brushes for students to use
- *If using:* Seed catalogs, books, or food magazines that include lots of images of diverse fruits and vegetables
- *Optional:* A clipboard for each student
- Glue or glue stick

Preparation:

- Find a variety of fruits and vegetables growing in your school garden. Alternatively, bring in some seed catalogs, books, or food magazines that include lots of images of diverse fruits and vegetables.
- Create an empty rainbow on butcher paper, simply by drawing parallel, arched lines. There is no need for color yet. Your students will be adding that! Hang the rainbow on a wall in your classroom, a school hallway, or the cafeteria.

Connections to Content Standards:

National Health Education Standards:

Pre-K-Grade 2 Performance Indicator: 7.2.1

Demonstrate healthy practices and behaviors to maintain or improve personal health.

Grades 3-5 Performance Indicator: 7.5.1

Identify responsible personal health behaviors.

National Core Arts Standards:

Visual Arts Anchor Standard 10: Synthesize and relate knowledge and personal experiences to make art.



Making a Rainbow of Fruits and Vegetables, *continued*

Activity:

- 1. Discuss Diversity:** *“Diversity” means the presence of differences. There’s a lot of diversity in our class! For example, some of us have brown eyes, and some have blue eyes. Some are shorter and others are taller. Some like basketball and others like ballet. What do you think it would be like to be in a class with no diversity? Accept all answers, which might include “boring” or the like. Diversity is so important in our class! It’s also important in our diets, because each fruit and vegetable gives our body different nutrients to help us stay healthy.*
- 2. Explain Art Activity:** *Today we’re going to create a rainbow of fruits and vegetables! Each of you will choose one fruit or vegetable to illustrate. This can be a fruit or vegetable you can observe in our garden (in which case you’ll do this out in the garden), or a fruit or vegetable you would like to plant if you had your own garden. You’ll use these art supplies to create an illustration of your fruit or vegetable. Make it colorful and large, filling up as much of the paper as you can. When you finish, cut out your illustration.*
- 3. Create a Rainbow:** Give students time to create their illustrations. When they finish cutting them out, collect them and sort them by color. Then you can glue them to the butcher paper in color bands to create a full rainbow.
- 4. Wrap Up:** Ask students, *What should we title this?* Accept all answers, and then add a title to it, such as *“Eat a Rainbow!”* Remind students: *This rainbow reminds us to eat a diverse range of fruits and vegetables. Why is diversity important in our diets (Different foods provide us with different nutrients)?*

