

# Nutrition Activities and Suggestions

## The Rainbow Challenge

Different colored foods are good for our bodies in different ways! The rainbow challenge encourages kids to eat different fruits and vegetables from each color of the rainbow for one week.

Below is a table of the different fruits and vegetables in each color and the benefits each color gives to our bodies!

Color	Foods	Benefits
Red	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon	heart health, memory
Orange	cantaloupe, carrots, butternut squash, oranges, papaya, peaches, pumpkin, sweet potato	healthy eyes, heart health, immune function
Yellow	lemons, pineapples, yellow peppers, summer squash	immune function
Green	asparagus, broccoli, cabbage, cucumbers, green grapes, green beans, green peppers, honeydew, kale, peas, spinach, lettuce	healthy bones, teeth and eyes

Blue	blueberries, blackberries	memory, heart health
Purple	dark beans, eggplant, beets, figs, purple grapes, plums	brain health, healthy aging

## **Polite Bite**

Encouraging healthy eating! If you find your kids are repeatedly not interested in the lunch that is provided encourage them to adopt the polite bite rule. With this rule kids are asked to take at least THREE polite bites of their food. While this may not seem like a lot, it gets kids trying their food, which may lead to them liking it and taking more bites.

It also helps if you as the staff member eat the provided lunch with the kids. When kids see someone in charge, or someone they look up to eating the same food, they are more likely to try theirs.

## **20 Questions Food Edition**

The purpose of this activity is to get kids familiar with food identification, especially in terms of the different food groups.

### **Instructions:**

Have the kids split up in pairs or groups of three.

On a sticky note or piece of paper write down a food from one of the food groups and tape it/ stick it on the child's forehead or back (so the child cannot see what is written, but the other kids can).

Have the kids take turns asking yes or no questions, like is it a fruit? Or is it purple? Until they guess their card or run out of questions. Encourage them to ask about food groups; such as is it a fruit? Vegetable? Grain? Dairy? And so on.

Below is a list of possible foods in each food group:

<b><u>Grain</u></b>	<b><u>Protein</u></b>	<b><u>Dairy</u></b>	<b><u>Veggies</u></b>	<b><u>Fruit</u></b>
pita bread	turkey	milk	cucumbers	grapes
sliced bread	ham	yogurt	canned carrots	strawberries
crackers	peanuts	cottage cheese	baby carrots	oranges
bagels	peanut butter	string cheese	peas	pears
croutons	boiled egg	cubed cheese	green beans	peaches
pasta	tuna	cream cheese	bell peppers	pineapple
tortillas	chicken	sliced cheese	corn	watermelon
baked chips	sunflower seeds		tomatoes	cantaloupe
pretzels	almond butter		olives	honey dew
dry cereal	almonds		broccoli	apples
	walnuts		zucchini	bananas
			yellow squash	raisins
			lettuce	blueberries
			celery	blackberries
			mushrooms	
			sweet potatoes	

## **Guess The Food**

The purpose of this activity is to get children exploring the different textures of food and to see if they can identify food by its feel.

### **Materials:**

- Brown paper bag OR box with a hole to reach a hand in
- Different foods ex. strawberry, blueberry, carrot, etc.

### **Instructions:**

- Place a food item in a brown paper bag or box, the food item can vary in difficulty based on the age of the participant (use best judgment)
- Have the kids come up one by one and stick their hand in the bag/box
- Ask them to describe what they feel, describe the texture
- Then ask them what they think is in the bag/box and see if they could guess it