

Eat a RAINBOW on Your Plate

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Below is a brief outline of our 30 minute presentation on eating fruits and vegetables.

1. We begin with a welcome and a thank you to everyone for attending a class on eating fruits and vegetables.
2. We next ask everyone to introduce themselves and name one favorite fruit and one favorite vegetable.
3. Next we ask if anyone has every heard of the concept "eat a rainbow on your plate".
4. We then define what it means to eat a rainbow on your plate as
5. Next, we ask in pairs to share times that you ate a rainbow on your plate? Allow a few minutes for discussion; ask what some people came up with. It is nice for the facilitator to share their experiences as well.
6. Next have a large chart similar to the one I have created below on a large piece of paper and post it on the wall.

| | | |
|-------------|---------------|-------|
| Red | Orange/Yellow | Green |
| Blue/Purple | White | |

7. It is nice to write each of these colors out with the color ink it is (i.e. write out red with red ink, green with green ink, the more colors the more visually appealing)
8. Have the participants now write down one fruit and one vegetable from each color. (one red fruit one red veg, one orange fruit one orange veg, etc.)
9. Ask the participants to read out their fruit and veg. The facilitator will write down the response by the appropriate color.

10. The facilitator will go over each color. There will be a red piece of paper that has list of all the benefits for the body from red fruits and vegetables. Same with all the other colors one orange or yellow piece of paper with the benefits and so on. The facilitator will read all the red benefits, then tape that piece of paper up over the red on the big piece of paper.
11. After showing all the benefits leave that large piece of paper up there with the benefits taped to it.
12. Scatter a bunch of cut-out pieces of fruits and veggies on the floor or table. Ask participants to choose one and go around the room and name one benefit the fruit or veggie has (for example a purple cabbage...well that is good for memory function and healthy aging). Be sure to leave the benefits up on the wall so the participant feels safe and not like it is a test.
13. After that activity present a couple of questions. 1) Now that you have learned what each color is good for, what color to you need more of in your diet? 2) How will this impact your future meal planning?
14. Next present a list of TIPS FOR INCORPORATING FRUITS AND VEGGIES INTO YOUR DIET.... we suggested making quick on-the-go snack bags with fruits and veggies, drink only 100% juice, make smoothies with fruits and veggies, add extra lettuce, tomato, onion etc to your sandwich, add lots of extra fruit and veggies to salads.
15. We give a handout titled "Eating at work the 5-a-Day Way".
16. We review the handout and wrapped it up with again saying the definition of "Eating a rainbow on your plate" and adding a little to it.

Eating 5 or more servings of colorful fruits and vegetables every day can help you avoid serious diseases such as cancer, type 2 diabetes, heart disease, stroke and obesity.
17. Thank everyone for coming and wish them a nice day.

****Had we had more time and resources I would have like to have brought in an assortment of fruits and vegetables. It would have been ideal to prepare these in small on the go snack bags.

**Below I have attached some pictures and our title and all the benefits of each color of the rainbow.

Eat a
RAINBOWW
On Your
Plate!!

(**You can print this and cut it out and paste it on a paper plate for another visual**)

You'll See...

THE BENEFITS ARE GREAT!!

Yellow Orange

- Good eyesight
- A healthy immune system
- A lower risk of some cancers
- A healthy heart

Blue Purple

- Healthy aging
- Memory function
- Urinary tract health
- A lower risk of some cancers

Red

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Green

- Good eyesight
- Strong bones & teeth
- A lower risk of some cancers

White

- A healthy heart
- A lower risk of some cancers
- Cholesterol levels that are already healthy

Low-fat diets rich in fruits & vegetables and low in saturated fat and cholesterol may reduce the risk of heart diseases and some types of cancers.

Below are some images of fruits and vegetables. There are fruits and vegetables for each color of the rainbow.



