

Name \_\_\_\_\_

Teacher \_\_\_\_\_

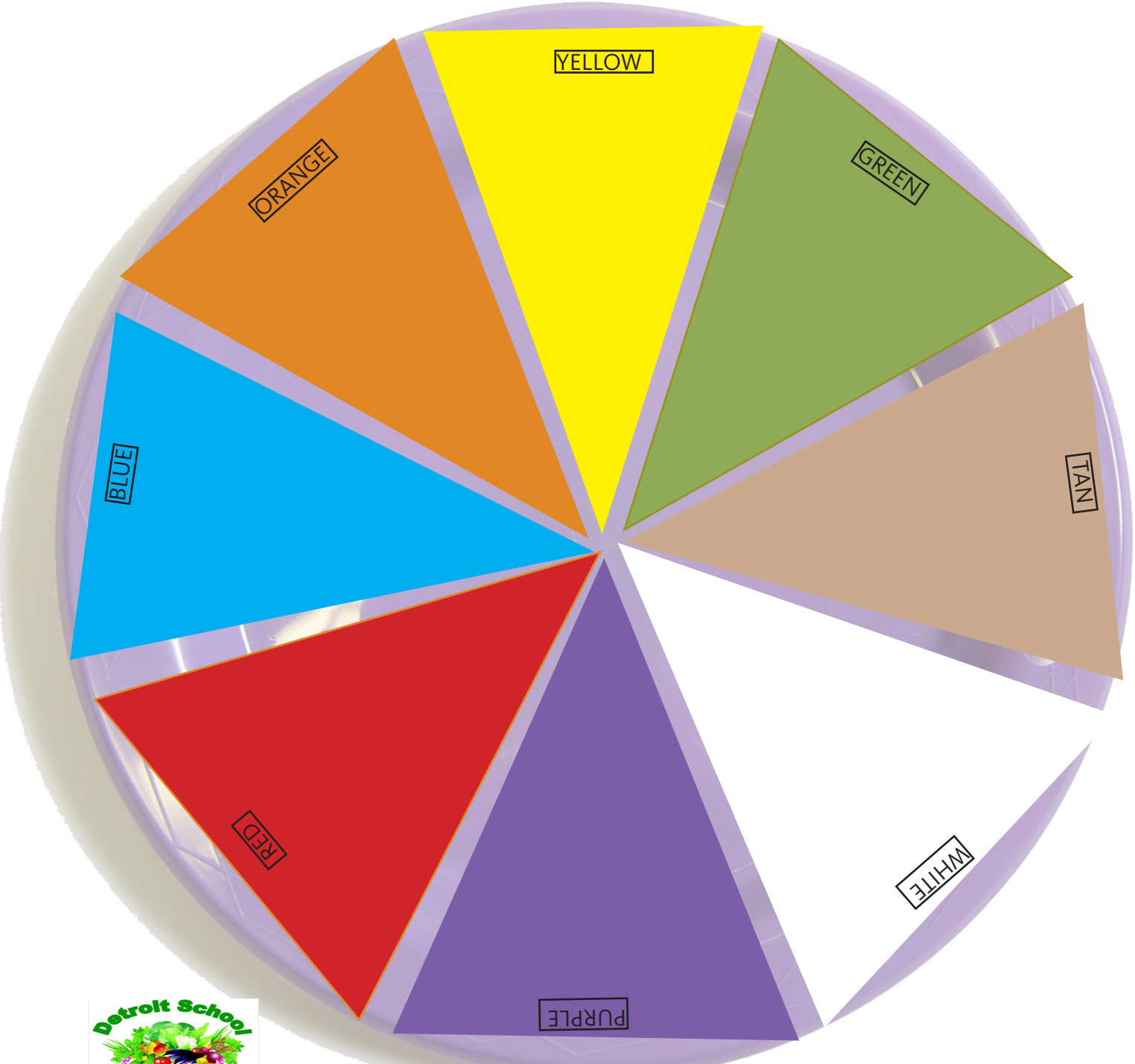
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STUDENT WORKSHEET GRADES K-12

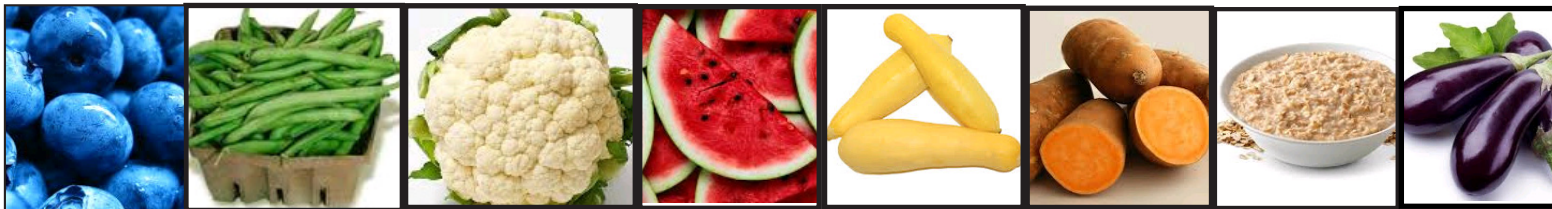
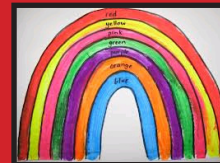
# RAINBOW PLATE CHALLENGE

**RAINBOW PLATE CHALLENGE WORKSHEET INSTRUCTIONS:**

Have students record foods consumed within a one week period. Challenge students to eat as many rainbow foods as possible. Grades K-3 may draw foods on their rainbow plate that were consumed during the rainbow challenge. Grades 4-12 may write the names of all rainbow foods consumed on rainbow plate.



# RAINBOW DIET



## RAINBOW SOUP

### Cook Time:

4-6 hours crock pot  
1 hour in

### Prep Time :

30 minutes

### Servings: 12-14



### Ingredients:

- 2 tablespoons of olive oil or canola oil
- 2 vegetable bouillon cubes
- 1 onion
- 2 carrots
- 2 potatoes
- 2 tablespoons of garlic, chopped
- 10 snow peas or 1/2 pound of fresh green beans
- 1 red pepper
- 1 bunch of broccoli
- 1 summer squash
- 1 cup of corn, either fresh, frozen or canned
- 1 jar of tomato sauce
- 8-12 cups of water
- 1 teaspoon oregano
- 1 teaspoon of basil
- 1/2 teaspoon of thyme
- salt and pepper, to taste
- 1 cup fresh chopped tomatoes

### Directions

1. Place water, olive oil, garlic, and tomato sauce into crock pot.
2. Chop all vegetables up into small bite size pieces. Put all vegetables into crock pot. Special Note: Grades K-6 should not use sharp utensils to chop vegetables.
3. Add herbs. Season with a pinch of salt and pepper.
4. Plug crock pot in once all vegetables have been placed inside crock pot. Turn crock pot on to high until soup begins to boil. Let soup boil for about 10 minutes. Turn heat down to low and let soup simmer for about 4-6 hours.
5. Right before soup is just about complete add fresh tomatoes and cilantro.
6. Serve soup to students. Enjoy!

## WHAT IS A RAINBOW DIET?

A rainbow diet is a model of good nutrition for adults and youth to follow, it can also be used as a guide to steer healthier food choices. The pathway to a healthy and balanced diet is one that contains a variety of fruits, vegetables and grains. A diet that is rich in fresh fruits, vegetables and grains provides important nutrients that are necessary for body growth. A rainbow diet helps the body to maintain a healthy immune system, healthy bones and teeth, and essential in preventing illness and disease. Foods are categorized by the U.S. Department of Agriculture into 6 different groups: Fruits, vegetables, grains, meat, beans and nuts, milk, and oils. Listed below are 5 main food groups that should be included in a rainbow diet:

- **Fruit Group:** The fruit group may include fresh, frozen, canned, dried fruits, and fruit juice. Foods from the fruit group may include berries, bananas, grapes, apples, oranges and pineapples.
- **Vegetable Group:** The vegetable group may include fresh, frozen, canned, dried, and vegetable juices. Foods from the vegetable group may include kale, squash, peppers, cauliflower, artichokes, green beans, okra, collard greens, and beets.
- **Grains Group:** Whole grains are important source of fiber. This group contains food that is made from wheat, rice, oats cornmeal, barley. Examples of the grains group food might include bread, pasta, oatmeal, breakfast cereal, cornbread, and grits.
- **Meat, Beans, and Nuts Group:** Meat, beans and nuts are all great sources of protein. This group may include the following; beef, pork, poultry, fish, dry or canned beans (black beans, lentils, garbonzo etc.), and nuts such as peanuts, walnuts, and pecans. Vegan diets should include legumes, beans, nuts and combined with whole grains to ensure complete protein consumption.
- **Milk Group:** The milk group is helpful in supplying calcium to the body. Milk is most commonly associated with cows and goats, but for the vegan diet milk can be made from soy and nuts, and coconuts. Calcium rich food made from milk might include yogurt and cheese as well. The USDA recommends that most milk choices be fat free or low in fat.

## RAINBOW SMOOTHIE

### Ingredients:

- 1 bag of fresh spinach
- 32 ounces of 2% milk (almond and/or coconut milk taste great too!)
- 3 banana's
- 1/2 bag of frozen mangoes
- 1/2 cup of washed strawberries
- 1/2 cup of blueberries
- 1/2 cup of pineapple
- 1/2 cup of purple grapes
- 1 cup of ice

### Cook Time: 1 minutes

### Prep Time : 5 minutes

### Servings: 3-4

### Directions:

1. Pour milk into blender.
2. Place spinach, and fruits and ice into blender. Blend well.
3. Enjoy!



# RAINBOW DIET GUIDE

## RAINBOW DIET GUIDE:

Outlined below are some examples of rainbow diet foods and the color group that they belong to.

| BLUE<br>BLACK   | GREEN  | WHITE   | RED   | YELLOW   | TAN   | ORANGE   | PURPLE  |
|---|--|---|---|--|---|--|---|
| Blueberries<br>Blue Corn<br>Blue Tortilla<br>Chips<br>Black Beans<br>Black Wild<br>Rice<br>Black Olives | Kale<br>Collard<br>Greens<br>Broccoli<br>Green Apples<br>Arugula<br>Cucumbers<br>Cabbage<br>Lettuce<br>Green<br>Pepper<br>Green Grapes<br>Kiwi Fruit<br>Spinach<br>Zucchini<br>Green Beans<br>Green Lentils<br>Sugar Snap<br>Peas<br>Snow Peas<br>Peas<br>Bok Choy<br>Brussels<br>Sprouts<br>Swiss Chard<br>Asparagus<br>Celery<br>Okra<br>Avocado<br>Green Olives | Bananas<br>Jicama<br>Mushrooms<br>Onions<br>Turnip<br>Parsnips<br>White Potato<br>Garlic<br>Cauliflower<br>Milk (Cow,<br>Soy, Coconut,<br>Almond)<br>Coconut<br>Cheese<br>Yogurt<br>Garlic<br>Leeks<br>White Pear<br>Rutabaga<br>Kohlrabi<br>Egg Whites | Red Apples<br>Beets<br>Cherries<br>Cranberries<br>Red Grapes<br>Red Onions<br>Red Pepper<br>Red Potato<br>Pomegranates<br>Radishes<br>Strawberries<br>Tomatoes<br>*Cherry-<br>Tomatoes<br>Watermelon<br>Red Cabbage<br>Rhubarb<br>Raspberries<br>Red Lentils<br>Cherries<br>Red Pears | Yellow Apples<br>Sweet Corn<br>Yellow Squash<br>Pineapples<br>Yellow Potato<br>Yellow<br>Pepper<br>Grapefruit<br>Yellow Tomato<br>Yellow -<br>Winter Squash<br>Yellow Beets<br>Yellow Pear<br>Yellow Potato<br>Egg Yolks | Whole Grain<br>Bread<br>Oatmeal<br>Brown Rice<br>Whole Grain<br>Pastas<br>Garbanzo<br>Beans<br>Nuts<br>Black Eyed-<br>Peas<br>Ginger<br>Jerusalem<br>Artichoke<br>Meat -<br>(Chicken, fish,<br>beef, pork,<br>turkey)<br>Sardines | Pumpkin<br>Peaches<br>Oranges<br>Carrots<br>Sweet<br>Potatoes<br>Tangerines<br>Nectarines<br>Yellow -<br>Mangoes<br>Papaya | Purple Grapes<br>Plums<br>Blackberries<br>Eggplant<br>Purple-<br>Peppers<br>Raisins<br>Purple<br>Cabbage<br>Prunes<br>Purple Green<br>Beans |



# RAINBOW FOODS

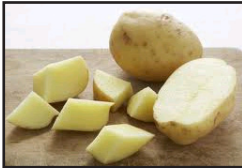
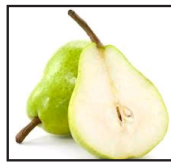
BLUE  
BLACK



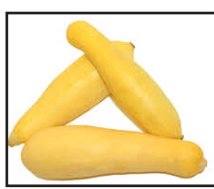
GREEN



WHITE



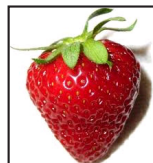
YELLOW



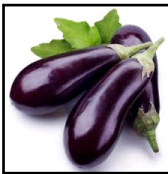
TAN



RED



PURPLE















ORANGE



# RAINBOW NUTRIENTS

## RAINBOW DIET GUIDE:

Listed below are nutrients commonly found in rainbow foods, color group that they belong to, and how these nutrients positively impact the body.

| RAINBOW FOOD NUTRIENTS                    |  |  |  |
|---|--|--|--|
| <u>Vitamins</u>                           | <u>RAINBOW FOOD</u>  | <u>RAINBOW COLOR</u>   | <u>HOW THEY AFFECT THE BODY</u>  |
| Vitamin C                                 | Oranges, grapefruits, lemon, limes, pineapple, melons, kiwi fruit, strawberries, raspberries, banana, broccoli, cabbage, cauliflower, Brussels sprouts, tomatoes, potatoes, onion, radish, summer squash, asparagus, and green beans               |    | Heals cuts and wounds; healthy teeth, gums and immune system, antioxidant                        |
| Vitamin A (carotenoids)                   | Orange and Yellow vegetables and fruits including peaches, cantaloupe, mango, oranges, carrots, sweet potatoes, butternut squash, orange bell peppers; Dark green vegetables, broccoli, spinach, kale, collards, romaine and various lettuce mixes |    | Prevents night blindness; healthy eyes, skin and immune system                                   |
| Vitamin K                                 | Lentils, green onions, spinach, cabbage, broccoli, kale, collard, mustard, turnip, and dandelion greens; Brussels sprouts, parsley, asparagus, milk, eggs green onions   |    | Blood clotting and healthy bones   |
| Vitamin E                                 | Spinach, kale, collard greens, corn, dried beans, sweet potatoes, squash and pumpkin, olives, avocado, various nuts and sunflower seeds, fish  |  | Healthy heart and blood vessels, healthy immune system   |
| Folate                                    | Dark leafy greens, olives, sweet potato, avocado, beets, okra, artichoke, cauliflower, strawberries, oranges, dried beans and peas   |  | Prevents spinal cord birth defects, healthy nervous system                                       |
| <u>Minerals</u><br>Iron                   | Raisins, dried plums and prunes, soybeans, dark leafy greens and spinach, beef, turkey, sardines, chicken, fish, beans, baked potatoes, green pepper, pastas, breads, rice, various nuts   |  | Red blood cell formation and oxygen transport  |
| Calcium                                   | Milk (cow, fortified soy, coconut and almond), kale, collard greens, turnip greens, fortified orange juice, sardines, cheese, yogurt, soybeans, cereals,   |  | Healthy bones and teeth<br>maintain healthy blood  |
| Magnesium                                 | Dried beans, peas, artichoke, okra, butternut squash, nuts, fish, whole grains, avocados, bananas  |  | Maintain fluid balance and healthy blood pressure  |
| Potassium                                 | Sweet Potatoes, tomatoes, beans, lentils, bananas, kiwi fruit, broccoli, avocados  |  | Nerve function and muscle control  |
| <u>Non-essential nutrients</u><br>Protein | Various meats, fish, dried beans and peas, soybeans, nuts, eggs  |  | Wound healing, immune system, cell structure   |
| Fiber                                     | Lentils, dried beans, sweet potatoes, green beans, apples, broccoli, whole grains, prunes, kiwi fruit, oranges, berries  |  | Prevents obesity, normal blood sugar levels,   |
| Phytochemicals                            | All Fruits and Vegetables  |  | Maintain eye and heart health; fight infection and antioxidants; potentially reduces cancer risk |

This table was inspired from the University of Maryland Extension "Make a Rainbow Plate"