

Roll for a Better & Longer Life!¹

Grade: K-3



<i>Objectives</i>	How to choose a healthy array of fruits and veggies every day? Pick several bright colors! Fix them in tasty new ways, too.
<i>Materials</i>	crayola supplies <ul style="list-style-type: none">• Erasable Colored Pencils• Markers• Twistables®• Glue Sticks• Pointed Tip Scissors household supplies <ul style="list-style-type: none">• ruler• posterboard• straight edge
<i>Procedures</i>	1. Discover nutritious foods. Colorful foods such as fruits and vegetables that help keep you healthy! When you eat a variety of produce colors, you get a range of vitamins,

¹ Adapted from Teacher Plant
<http://www.crayola.com/lesson-plans/detail/how-many-ways-can-we-eat...?-lesson-plan/>

minerals, and antioxidants. Brainstorm a list of different fruits and vegetables. If you like, group them by color, such as juicy orange, radiant red, deep purple, yummy yellow, even hot pink!

2. Talk with someone in your family about how to prepare these vegetables and fruits—fresh, frozen, or canned. Maybe you eat fruit and veggie soups, warm or cold. Add these ideas to your class list, too.

3. Choose a cool (or hot) color. Choose one favorite colorful fruit or vegetable, such as broccoli or pineapple. How many ways can you eat it? Make a cool cube to show your ideas. On posterboard, draw six paper-plate-sized circles. Within each circle, draw a square so all four corners touch the circle's sides. Cut out the circles with scissors.

4. Inside four squares, use Crayola Markers to draw different ways to serve your food choice such as soups, sauces, stir-fry, juice, raw with dip, and salads. In one square, include nutritional information about the food, such as the vitamins a serving contains. In the last square, write a recipe. Ask a family member for one that reflects your heritage, such as pasta sauce or blueberry scones.

5. Construct your cube. Decorate your circles with bright patterns and designs. Along the lines that form each square, fold upward.

6. Place one circle face down on its edges. Select one edge from each of four other circles. Attach them to the edges of the circle facing down with a glue stick. Glue edges to adjoining edges, and add the last square to form a cube. Share the information you've gathered with classmates and your family. Exchange recipes with friends!

<p>Assessment</p>	<ul style="list-style-type: none"> • Students list an array of colorful, nutritious fruits and vegetables. • Students choose healthy fruits or vegetables and research nutrition information and family recipes. • Students construct and decorate a 3-D paper cube showing several ways to prepare their colorful foods.
<p>Vocabulary</p>	<p><u>Obesity</u></p> <ul style="list-style-type: none"> ❖ Definition: a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problem <p><u>Obese</u></p> <ul style="list-style-type: none"> ❖ Definition: Extremely overweight, especially: weighing more than 20% (for men) or 25% (for women) over their ideal weight determined by height and build; or, having a body mass index over 30kg / m <p><u>Vitamins</u></p> <ul style="list-style-type: none"> ❖ Definition: A vitamin is an organic compound required as a nutrient in tiny amounts by an organism