

Catch a Rainbow poster #4230
available at www.learningzonexpress.com

A Rainbow of Fruits & Vegetables

Supplies

- construction paper (many colors)
- paper bag or box
- pictures of fruits and vegetables (food models and/or photo cards)
- tape

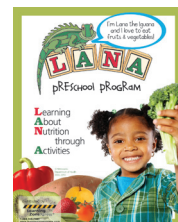
Preparation

1. Make a rainbow out of the colored construction paper OR have one large sheet of each color available

Directions

1. Ask the children to sit in a circle.
2. Place all the pictures of fruits and vegetables in a paper bag or box.
3. Call on the children one at a time to pull a fruit or vegetable picture from the bag.
4. Encourage the children to name the fruit or vegetable and the color of it.
5. The children can then tape the fruit or vegetable on the rainbow or piece of construction paper that matches the color of the food item.

This is a language activity from the Eating the Alphabet Theme Unit within the LANA Preschool Program.



LANA
(Learning About Nutrition through Activities)
Deluxe Kit
822202

distributed by:

Learning ZoneXpress™

To order, call 888.455.7003 or online at: www.learningzonexpress.com