Oliver's team talk

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Teach! TEACHERS CORNER

Put a Rainbow on Your Plate!

Including a variety of colors of fruits and vegetables in your diet is an important component of a healthy diet. That's because fruits and vegetables get their colors from phytochemicals, important, health-promoting components of the fruits and vegetables.

Each color offers numerous healthful benefits. By eating variety, you can ensure that you're receiving the many benefits of all the different colors, plus they are high in fiber.

Excite! READY, SET, GO!

Below is a guide to the many colors of fruits and vegetables:

- Red colored fruits and veggies, like tomatoes and watermelon, have antioxidant properties and may help to reduce the risk of certain types of cancer.
- Including orange colors in your diet, like carrots, oranges, and sweet potatoes, will provide antioxidant properties and aid in vision health.
- Greens, like broccoli, Brussels sprouts, and cabbage, help strengthen bones, teeth, and help to reduce the risk of certain types of cancer.
- Blues and purples, including blueberries, eggplant, and plums, help to improve circulation, strengthen collagen, and aid in improved memory function.
- Whites, like garlic, onions, and mushrooms, may protect the heart and lower cholesterol.

Activate! MAKE YOUR MOVE

Play a life-sized board game with your students to help them learn the many colors of fruits and vegetables.

Use 6 squares of colored construction paper in orange, red, green, purple, white, and black. Each color will represent the colors of fruits and vegetables, and black represents junk food. Place the paper squares around the room.

Have the children split up into teams. Roll a die and have the first team run, jump, hop, skip or dance to the correct square, corresponding to the number on the die. Once on the square, have the team name a fruit or vegetable in the same color as the square. If the teams lands on black, they lose their turn. Keep track of all the fruits and vegetables named on the dry erase board, no repeats.

Motivate! SPREAD THE WORD

Tips to include more variety in your diet:

- Add broccoli, onion and bell peppers to scrambled eggs in the morning
- Put a slice of tomato and dark green lettuce on your sandwich at lunch
- For a snack, try veggie sticks with hummus or low fat Ranch dressing, or try peanut butter on a banana or in celery
- Try making main dishes with fruits or vegetables mixed in; soups, stews and casseroles can never have too many vegetables!

Make HEALTHY CHOICES for Life!

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