

Lesson	Eat the Rainbow	50-minute session
Learning Outcomes	<ul style="list-style-type: none"> • Students to be able to identify different fruit and vegetables • To be able to try something new and to build confidence to try new things • To be able to experience a range of colours and textures to further broaden their food knowledge to make positive choices <p><i>(Potential links to English & Art)</i></p>	
Resources Needed	<ul style="list-style-type: none"> • Picture of a rainbow or Eat the Rainbow sheet • Round cross section cards • A range of fruits and vegetables to try • Taste test sheets 	

Adaption maybe required for needs and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 5mins	<p>Using a picture of a rainbow or the handout sheet provided, ask the students to name a fruit of vegetable for each one.</p> <p>Discuss their answers, are there any common or unusual ones – Class Discussion</p>	Rainbow Visual or Handout Sheet Pencils
Activity 1 – What’s on the inside? 10mins	<p>Activity Working in pairs/trios/small groups see if the students can identify the different fruits and vegetables by matching up the name cards to the picture cards.</p> <p>Discuss what they have matched – were they able to correctly identify what they were from their inside? Does the inside match the outside? Is there anything new which no one has tried or heard of before?</p>	Picture & Name Cards
Activity 2 – Have a try! 20mins	<p>Set up Have some new and different fruits and vegetables available for tasting – you might like to consider different ways of cutting these up and presenting them.</p> <p>Activity Your turn to ‘Eat the Rainbow’ – try something new and mark what you have tried out of 10 for taste, texture, smell and looks.</p> <p>What have you tried which was new to you? Have you found two different flavours that would go together?</p> <p>Have a group or class discussion about what was tried. What they liked, what they didn’t and why!</p>	Taste Test Sheets Samples of Fruit & Vegetables for Tasting
Plenary 15mins	<p>Thinking about what they have just tried ask the students to come up with a meal or menu using more than 4 different coloured fruit and vegetables?</p> <p>You could add other food groups to this such as meat, fish, dairy etc. This could be extended and linked into the Eat Well Guide https://www.nutrition.org.uk/healthyliving/healthydiet/eatwell.html</p>	Paper Pencils