

Noisy Rainbow Salad

(And other ways to explore the healthy rainbow in your garden)

Created by Groundwork Somerville

Activity

Using noises and motions, the group acts out the health benefits associated with different colors of fruits and vegetables, becoming a noisy rainbow salad!

Age group

3rd-5th graders (adaptable for other ages)

Materials

- ◆ Small piece of paper/index card for each participant
- ◆ Colored markers
- ◆ Clothespins or tape
- ◆ Large notepad

Procedures

1. Together brainstorm the kinds of vegetables or fruits in each color group. Write some examples on the large notepad.
2. **Pick a colorful garden vegetable or fruit.** Each person picks a color and draws a picture of a vegetable or fruit in that color group (try thinking of ones that can be found in your garden) and attaches the drawing to their shirt using a clothespin or tape. Make sure all colors of the rainbow are represented among the group members.
3. **Learn the moves!** Group forms a circle and the facilitator explains how eating a rainbow of fruits and vegetables is good for our health. The facilitator demonstrates the noise and action associated with each color's health benefits or asks the group to come up with a noise and motion. (If the group has an extra good memory, each color can have more than one action and noise since each color has multiple benefits). Each person is responsible to remember the noise/motion that goes with his/her color.
4. **Spin the salad!** Everyone holds hands and walks in a circle. Facilitator claps and says "Freeze! Let's hear the noisy rainbow!" Everyone makes the sound and motion of their color. Facilitator claps and says "Freeze! Spin the salad" Repeat a couple times.
5. **Chop the salad!** A volunteer steps in the center and points with a chopping motion to someone on the outside who calls out his or her color. Then everyone with that color demonstrates the noise and motion.
6. **Toss the salad!** When the facilitator calls out "Toss the salad" everyone finds a partner with a different color, switches colors and teaches their partner the motion and noise. Spin, chop and toss again!

Goal

To move about, and understand that eating a colorful variety of fruits and vegetables provides the body with a wide range of vitamins, minerals, fiber and phytochemicals that help it stay healthy and energetic.

Health Benefits Associated with Each Color / Suggestions for Noises and Motions

| <i>Color</i> | <i>Helps Maintain...</i> | <i>Noise</i> | <i>Action</i> | <i>Garden examples</i> |
|-------------------|-------------------------------------------------------------------|--------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------|
| Blue/ Purple | - Memory function - Urinary tract health - Healthy aging | "Ah Ha!" "Ah Ha!" -or- "Pee pee dance!" | Pointer finger taps head -or- "Pee pee" dance | Purple potatoes, cabbage, asparagus, eggplant, peppers, berries |
| Green | - Strong bones & teeth - Vision health | Clap, clap! Comp, comp! | Clap hands and grin showing teeth | Leafy greens, peas, honeydew broccoli, green beans, spinach |
| White | - Immune system - Heart health - Healthy cholesterol levels | Hun, ha! Hun, ha! | Hands with palms out push away across body | Cauliflower, garlic, jerusalem artichoke, onions, turnips, kohlrabi |
| Yellow/ orange | - Vision health - Immune system | "I see you! I see you!" | Blinking eyes while hands open and close | Carrots, yellow tomatoes, yellow beets, sweet corn, rutabagas, summer squash |
| Red | - Heart health - Memory function - Urinary tract health | "thump, thump!" | Tap heart with hand | Beets, Red peppers, radishes, tomatoes, red onion |

Health benefits from *5ADay the Color Way* brochure, Produce for Better Health Foundation, www.5aday.com

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More Edible Rainbow activities!

Eat a Rainbow!

- ◆ Toss together a **fresh rainbow salad**. Prepare and arrange ingredients in a creative way to highlight the different colors.
- ◆ Mix up colorful veggies in a **rainbow stir-fry!** Don't overcook the vegetables to make sure to retain the brightness and the health benefits of the colors.

Garden Rainbow Scavenger Hunt

- ◆ Search for examples of the many colors of vegetables and fruits in the garden.

Plant a Rainbow Garden

- ◆ Does your garden have an edible rainbow growing? See if each color of the rainbow is represented in your garden. Try to grow special color varieties of your favorite veggies and fruits. Edible flowers are always a bright addition.

Regional Rainbows

- ◆ Learn about which fruits and vegetables would make up a healthy edible rainbow in different parts of the world.
- ◆ Prepare rainbow fruit and vegetable salads to represent different countries of origin.
- ◆ Create a map/poster displaying regional food rainbows with drawings or cut out pictures from a seed catalog.

Information about Groundwork Somerville

www.GroundworkSomerville.org

The mission of Groundwork Somerville (GWS) is to build sustainable communities through joint environmental action. Along with its other projects that engage the community in the local environment, GWS offers year-round garden-based education for K through 8th graders. Working closely with this Collaborative, school administration, teachers, students and community volunteers, GWS is transforming dormant and concrete school courtyards into vibrant nutrition learning gardens at three Somerville elementary schools. The gardens, along with school menu changes, are intended to increase student awareness, consumption, and knowledge of fruits and vegetables. The gardens serve as an outdoor classroom where children experience the joy of planning, growing, preparing and eating good, healthy foods.

Groundwork Somerville is part of the **Growing Healthy Collaborative** which includes: The Institute for Community Health, CitySprouts, Groundwork Somerville, the Cambridge and Somerville Food Service departments, and the Federation of Massachusetts Farmer's Markets. These groups work together to bring more locally grown foods into the lives of kids and families. Through a combination of school garden development and programming, and food service changes, this program helps school children experience the joy of planning, growing, preparing and eating healthy local foods.

Groundwork Somerville is an affiliate of Groundwork USA, a growing network of organizations created by the National Park Service.

