

# Collect Your Colours

Action Schools! BC

## Vegetable & Fruit Extension Activity

K-7



Students track the colours of vegetables and fruit they eat each day to increase awareness of their personal choices.

VEGETABLE  
AND FRUIT

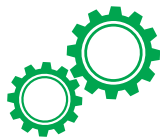
Used by:

- Grade K activity *What is a Vegetable or Fruit?* (available from: [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources))
- Grade 3 activity *5 a Day the Colour Way* (available from: [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources))

## PREPARATION

- Review the *Vegetables and Fruit* section of the *Healthy Eating Overview* (included with this activity).
- Copy one *Collect Your Colours* tracking chart and one *Veggies and Fruit by Colour Category* chart per student (included with this activity).
- Copy one *Memo Home – Action Schools! BC Healthy Eating* (included with this activity) and one *Veggies and Fruit by Colour Category* chart per student to be sent home with students.

## IMPLEMENTATION



- Assign a colour group to a small group of students and give them two minutes to come up with as many vegetables and fruit in their colour group as possible. Share lists as a class and have students add to other groups' lists.
- Review *Eating Well with Canada's Food Guide* servings with Grades 4 to 7 students..
- Distribute the *Collect Your Colours* chart and the *Veggies and Fruit by Colour Category* chart for use in class.
- Distribute *Memo Home* and the *Collect Your Colours* chart for families.

- Students track their daily vegetable and fruit intake for one week, using the *Collect Your Colours* chart.
- For every type of vegetable or fruit students eat, they record the name of it under the appropriate colour. Students in Grades K to 3 can draw the vegetables and fruit they eat. The most important message for this activity is number of exposures. It does not have to be a full serving size.

## EXTENSION OF LEARNING

- In Physical and Health Education class, call out various locomotor movements and then a number and a fruit or veggie. Students are to find the appropriate number of other students and make the shape/ act out what that type of fruit or veggie looks like.
- Play banana tag. Select two or three students to be taggers, while the rest are bananas. When a student is tagged by a tagger, they become a frozen banana (student stands with their arms in the air). To become untagged, another banana (student) must bring one of their arms down (one student can only “peel” one arm). To encourage movement, have bananas do squats or move arms from side to side while their arms are in the air.
- Play a memory game where students take turns adding a vegetable and fruit when it is their turn after repeating previous list. Start at ‘A’ at the beginning of game and go all the way to ‘Z’ucchini.

## RECOMMENDED RESOURCES

- Health Canada
  - *Eating Well with Canada’s Food Guide* ([www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php))
  - *Eat Well and Be Active Educational Toolkit* (F) <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>
  - *My Food Guide Servings Tracker* (F) <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php>
  - *Eat Well Plate* <http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>
- Half Your Plate (<http://www.halfyourplate.ca>)

## EDUCATOR BACKGROUND

Some families have challenges in providing enough nutritious food in the home environment therefore some of the activities may need to be modified to ensure students have a positive experience with the lesson (e.g. students can record vegetables and fruit they would like to try on the tracking chart).

NAME \_\_\_\_\_

# collect Your colours

Use this chart to keep track of the colours of veggies and fruit you eat during the week.  
Eating from all of the colour groups is important to get the nutrition our bodies  
and brains need. Try to collect all of the colours by the end of the week.

	GREEN	YELLOW/ORANGE	BLUE/PURPLE	RED	WHITE/BROWN
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					

**Kids aged 4 to 8:** Try to eat at least 5 a day • **Kids aged 9 to 13:** Try to eat at least 6 a day

# Veggies and Fruit by Colour Category Chart

Canada's Food Guide recommends we try to eat one dark green and one orange vegetable each day.

GREEN		YELLOW/ORANGE		BLUE/PURPLE		RED		WHITE/BROWN	
Artichokes	Green peppers	Acorn squash	Apricots	Black currants	Blackberries	Beets	Blood oranges	Bamboo shoots	Bananas
Arugula	Honeydew melon	Butternut squash	Cantaloupe melon	Blueberries	Boysenberries	Cherries	Chili peppers	Bean sprouts	Brown pears
Asparagus	Horned melon	Carrots	Clementines	Bunch berries	Bunch berries	Cranberries	Dragon fruit	Cassava	Cauliflower
Avocados	Kale	Corn	Golden kiwifruit	Eggplant	Elderberries	Juniper berries	Juniper berries	Celeriac	Daikon
Beet greens	Kiwi fruit	Gooseberries	Grapefruit	Juniper berries	Kohlrabi	Loganberries	Loganberries	Dates	Durians
Bok choy	Kohlrabi	Guava	Jackfruit	Plums	Plums	Marionberries	Pink grapefruit	Garlic	Ginger
Broccoflower	Leafy vegetables	Jackfruit	Kumquats	Prunes	Purple asparagus	Pomegranates	Pomelos	Ginger	Jicama
Broccoli	Limes	Lemons	Lemons	Purple Belgian endive	Purple Belgian endive	Radishes	Radicchio	Lychees	Mushrooms
Brussels sprouts	Mustard greens	Mangoes	Nectarines	Purple cabbage	Purple cabbage	Raspberries	Raspberries	Onions	Parsnips
Celery	Okra	Oranges	Oranges	Purple figs	Purple figs	Red apples	Red apples	Parsnips	Parsnips
Chard	Parsley	Papayas	Papayas	Purple grapes	Purple grapes	Red currants	Red currants	Shallots	Shallots
Chayote squash	Peas	Passion fruit	Passion fruit	Purple huckleberries	Purple huckleberries	Red grapefruit	Red grapefruit	Sunchoke	Sunchoke
Chicory	Rapini	Peaches	Peaches	Purple potatoes	Purple potatoes	Red grapes	Red grapes	Turnips	Turnips
Chinese cabbage	Romaine lettuce	Persimmons	Persimmons	Salal berries	Salal berries	Red huckleberries	Red huckleberries	White grapefruit	White grapefruit
Cilantro	Seaweed	Pineapples	Pineapples	Saskatoon berries	Saskatoon berries	Red peppers	Red peppers	White nectarines	White nectarines
Collards	Snap peas	Pumpkin	Pumpkin			Red cabbage	Red cabbage	White peaches	White peaches
Cucumbers	Snow Peas	Quince	Quince			Red potatoes	Red potatoes	White potatoes	White potatoes
Dandelion greens	Spinach	Rutabaga	Rutabaga			Rhubarb	Rhubarb	Yukon gold potatoes	Yukon gold potatoes
Edamame beans	Sprouts	Spaghetti squash	Spaghetti squash			Salmonberries	Salmonberries		
Endive	Sugar peas	Star fruit	Star fruit			Saskatoon berries	Saskatoon berries		
Fiddleheads	Turnip greens	Sweet potatoes	Sweet potatoes			Sopalali berries	Sopalali berries		
Gai Lan	Watercress	Tamarillos	Tamarillos			Strawberries	Strawberries		
Green apples	Zucchini	Tangerines	Tangerines			Tayberries	Tayberries		
Green beans		Ugli fruit	Ugli fruit			Thimbleberries	Thimbleberries		
Green cabbage		Yellow apples	Yellow apples			Tomatoes	Tomatoes		
Green grapes		Yellow figs	Yellow figs			Watermelon	Watermelon		
Green onion		Yellow pears	Yellow pears			Xigua	Xigua		
Green pears		Yellow peppers	Yellow peppers						
		Yellow potatoes	Yellow potatoes						
		Yellow squash	Yellow squash						
		Yellow tomatoes	Yellow tomatoes						
		Yellow watermelon	Yellow watermelon						

# OVERVIEW: VEGETABLES AND FRUIT

This section explains why it is important to eat vegetables and fruit.

Information relating to conducting tasting activities with students, food safety considerations, messaging relating to variety and information on produce grown in BC can be found in this section.

Recommended guidelines:

- Make a healthy choice. Fill half your plate with fruits and veggies.
- Children aged 4 to 8 should eat a minimum of 5 food guide servings of vegetables and fruit each day.
- Children and youth aged 9 to 13 should eat a minimum of 6 food guide servings of vegetables and fruit each day.
- Eat one dark green and one orange vegetable each day.
- Choose vegetables and fruit more often than juice.
- Drink water – it's always a great choice.

## Why Are They Important?

The Vegetables and Fruit food group is the largest arc in the rainbow on *Canada's Food Guide*, emphasizing the key role these foods play in a healthy eating pattern.

Vegetables and fruit include important nutrients such as carbohydrates (including fibre), vitamins, minerals, and antioxidants. Choosing a wide variety of colourful vegetables and fruit helps to ensure we get all of the nutrients we need.

A diet that includes a wide variety of vegetables and fruit helps children to grow, learn and play. Additionally, this may help reduce the risk of cardiovascular or heart disease and some types of cancer, as well as help to achieve and maintain a healthy weight.

The recommended number of servings is different for people at different stages of life and is different for males and females after age 14. *Canada's Food Guide* recommends a minimum of 5 servings a day of vegetables and fruit for children aged 4 to 8 years and a minimum of 6 per day for children aged 9 to 13 years.

*Canada's Food Guide - Eat Well Plate* is another resource that helps build healthy meals and encourages making half your plate vegetables and fruit at each meal (<http://www.healthycanadians.gc.ca/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.pdf>).

*Canada's Food Guide* has been translated into 12 languages. Visit Health Canada's website to download translated copies. In addition to the translated Food Guides, Canada also has a *First Nations, Inuit and Métis Food Guide*. The "My Food Guide" tool on the Health Canada website allows individuals to create a personalized food guide using the foods that are part of their eating pattern. You can choose to print this tool in either English or French.

## References:

- *Eating Well with Canada's Food Guide* (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
- *Health Canada's The Eat Well Plate* (<http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- Canadian Paediatric Society (<http://www.cps.ca>)
- Dietitians of Canada (<http://www.dietitians.ca/>)

## What Is a Vegetable?

Vegetable is not a botanical term, but rather a culinary term which generally refers to any edible part of a plant that is not regarded as a fruit, nut, herb, spice, or grain. Vegetables can include leaves (lettuce), stems (asparagus), roots (carrots), tubers (potatoes), flowers (broccoli), bulbs (garlic), and seeds (peas and beans). Some botanical fruit such as cucumbers, squash, pumpkins, tomatoes, and sweet peppers are usually referred to as vegetables.

## What Is a Fruit?

In botany, a fruit is the ripened seed-bearing part of a flowering plant. In cuisine when discussing fruit as food, the term usually refers to just those plant fruits that are sweet and fleshy (e.g., plums, apples, and oranges). Many foods are botanically fruit but are treated as vegetables in cooking. These include cucurbits (e.g., squash, pumpkins, and cucumbers), tomatoes, peas, beans, corn, eggplants, and peppers.

## Vegetable and Fruit Tasting

Repeated exposure to food, including seeing, smelling, and touching new food, and preparation and tasting, is the most effective way to influence a child's eating behaviours. See the *Action Schools! BC Extension Activities*, available at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) for great ways to conduct tasting activities with students.

- The objective of a tasting party is to have students sample a vegetable or fruit – not to provide a full serving to each student.
- Children may be more willing to try new types of food with their peers. Providing a relaxed setting without forcing them to try new foods helps to build a healthy relationship with food.
- Fresh vegetables and fruit work best for tasting activities. Choose local vegetables and fruit that are in season when possible. If fresh vegetables and fruit are not available, try dried fruit with no added sugar; frozen vegetables and fruit with no added salt or sugar; or canned vegetables and fruit in water, juice, or light syrup (has added sugar).
- See the *Food Safety Considerations* information for important reminders about food safety when conducting tasting activities with students.

Name of vegetable or fruit: \_\_\_\_\_

I've tried this vegetable or fruit \_\_\_\_\_ times.

Description		😊	😐	😞
Taste				
Texture				
Appearance				

- Visit Healthy Schools BC for programs and supports that may be available to your school to support healthy eating, including providing grants or fruits and vegetables directly ([www.healthyschoolsbc.ca](http://www.healthyschoolsbc.ca)).
- Using *Food Tasting Chart* (available at [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources)) allows students to reflect on what they are tasting, use their senses, and develop their vocabulary.

## Buying Locally Grown Food Has Many Advantages

Whether it is purchasing the produce for your Tasting Party or teaching students about the food system, it is important to highlight the benefits of growing and/or purchasing local food.

### Buying Locally Is Good for the Economy

Dollars spent on locally grown food are reinvested back into the community, which contributes to the growth of small businesses, generates local jobs, raises property values, and leads to strong health care, education, and recreation sectors.

### Buying Locally Is Good for the Environment

Food produced and consumed locally has a smaller carbon footprint. It uses less fossil fuel for transportation and requires less material for packaging compared to mainstream food production.

#### References

- *Fighting Global Warming at the Farmer's Market: A FoodShare Research in Action Report*, Second Edition, April 2005 ([http://foodshare.net/custom/uploads/2015/11/Fighting\\_Global\\_Warming\\_at\\_the\\_Farmers\\_Market.pdf](http://foodshare.net/custom/uploads/2015/11/Fighting_Global_Warming_at_the_Farmers_Market.pdf))
- BC Agriculture in the Classroom ([www.aitc.ca/bc/](http://www.aitc.ca/bc/))

## Recommended Resources

- Healthy Families BC ([www.healthyfamiliesbc.ca/eating](http://www.healthyfamiliesbc.ca/eating))
- HealthLink BC – Healthy Eating ([www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating))
- Health Canada
  - *Eating Well with Canada's Food Guide* (available in 12 languages and for First Nations, Inuit and Métis; free class sets available) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>)
  - *Canada's Food Guide: A Resource for Educators and Communicators* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>)
  - *Eat Well and Be Active Educational Toolkit* (F) (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>)
  - *Eat Well Plate* (<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/tips-conseils/interactive-tools-outils-interactifs/eat-well-bien-manger-eng.php>)
- HealthLink BC: Call 811 and speak with a registered dietitian ([www.healthlinkbc.ca](http://www.healthlinkbc.ca))
- Canadian Paediatric Society – Caring for Kids ([www.caringforkids.cps.ca](http://www.caringforkids.cps.ca))

# FOOD SAFETY CONSIDERATIONS

There are steps to take to prevent illness and make fresh vegetables and fruit safe to eat.

- When buying and storing vegetables and fruit, always keep them separate from raw foods such as meat, poultry and seafood. Juices from raw foods can be contaminated with germs that cause illness.
- Always wash hands with soap and warm running water before preparing any food, including vegetables and fruit.
- Any person who is sick and has symptoms of diarrhea or vomiting, or who has infected cuts or sores, should not be allowed to handle food in any way.
- Always wash and sanitize\* surfaces where foods are prepared and placed.
- Dishcloths must be washed well and sanitized regularly.
- Take extra care to thoroughly clean vegetables and fruit, especially dirty produce. Wash them in a diluted dish soap solution and then rinse in clean running water.
- When washing vegetables and fruit, cut away any damaged or bruised areas since harmful germs can grow there. Compost or throw away any rotten vegetables and fruit.
- Wash and scrub vegetables and fruit that have a firm, rough surface such as potatoes, using a clean scrub brush for produce.
- Always wash vegetables and fruit that have a rind, before peeling or preparing them, such as pineapples, cantaloupe, oranges, melon and squash. Although the skin and outer surfaces protect them, germs can grow if the surface gets broken, pierced or cut, especially in melons and tomatoes.
- Always discard the outer leaves of leafy vegetables grown in or near the ground, such as lettuce and cabbage. The outer leaves are more likely to be contaminated with germs.
- Raw sprouted seed products, such as bean sprouts, radish sprouts, alfalfa sprouts, mung beans and others, may carry germs that cause illness. Always cook these before eating because it is difficult to wash sprouted seeds.
- Contaminated foods may not look or smell bad so if in doubt, throw it out!
- Be cognizant of any food allergies that your students may have prior to activities that involve food.
- You can make a sanitizing solution:
  - Mix 15 ml (1 tablespoon) of household bleach into 4 L (1 gallon) of water; or,
  - Mix 5 ml (1 teaspoon) of household bleach into 1 litre (4 cups) of water.

Adapted from: *Food Safety for Fresh Fruits and Vegetables* and *Ten Easy Steps to Make Food Safe*, HealthLink BC

## Recommended Resources

- *Do Bugs Need Drugs?* ([www.dobugsneeddrugs.org](http://www.dobugsneeddrugs.org))
- HealthLink BC: Call 811 and speak with a registered dietitian ([www.healthlinkbc.ca](http://www.healthlinkbc.ca))





## Action Schools! BC

To: Parent/Caregiver  
Re: Action Schools! BC Healthy Eating

Dear Parent/Caregiver,

Our school is involved in a school-based healthy living initiative called Action Schools! BC. The program is designed to assist schools in promoting healthy living while achieving academic outcomes.

The goals of Action Schools! BC include increasing students' knowledge of healthy eating and encouraging healthy eating behaviours such as increasing consumption of vegetables and fruit, and limiting sodium (salt) and sugary drink intake.

Throughout the year students will have the opportunity to be involved in classroom and school- wide food and healthy eating activities. We invite you to support your child to participate in the activities by asking them to share with you what they have learned and how you can help them.

More information about Action Schools! BC and ideas for healthy snacks can be found at [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources).

### Food Allergies

Some activities related to this initiative may include food sampling (primarily vegetables and fruit). To ensure every child's health and safety during tasting activities, please fill in the bottom half of this form and return it to your child's classroom teacher.

Thank you

Child's Name: \_\_\_\_\_

Does your child have any food allergies and/or sensitivities?

- NO**, my child does not have any food allergies and/or sensitivities that would prevent him/her from participating in classroom tasting activities.
- YES**, my child does have a food allergy and/or or sensitivities that might prevent him/her from participating in classroom tasting activities. S/he is allergic/sensitive to the following foods:

\_\_\_\_\_

Parent/Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_