



Build a rainbow



(Kindergarten - Year 2)

By the end of Healthy Lunchbox Week, the class will have created a rainbow collage filled with fruits and vegetables.

Learning objectives:

- Students will learn about the colour variety of fruits and vegetables.

You will need:

- Supermarket catalogues or magazines with pictures of fruits and vegetables
- Butchers paper
- Scissors and glue
- Colour reference chart
- 'Build a rainbow' worksheet (optional)

Activity:

- Choose one colour of the rainbow for the class to focus on each day.
- Using the supermarket catalogues or magazines, students identify and cut out fruits and vegetables that represent the colour of the day to then paste on the classroom rainbow.
- Alternatively, students can draw their favourite fruit or vegetable of the colour and then paste it on the class rainbow.

Alternative:

- Students can create their individual rainbow collage using the worksheet provided.





Reference chart

Red	Orange	Yellow	Green	Blue/Purple
Red Apples	Apricots	Corn	Avocado	Blackberries
Red Grapes	Rockmelon	Golden Kiwifruit	Green Apples	Blueberries
Raspberries	Mangoes	Pineapple	Grapes	Cherries
Strawberries	Nectarines	Yellow capsicum	Green pears	Grapes
Watermelon	Oranges	Bananas	Kiwifruit	Plums
Red capsicum	Peaches	Baby corn	Green beans	Beetroot
Radishes	Carrots		Cucumber	
Tomatoes			Celery	
			Green capsicum	
			Green Olives	
			Snow peas	

Sample classroom rainbow



Sample worksheet



Build a Rainbow



Name: _____

Red

Orange

Yellow

Green

Blue/Purple

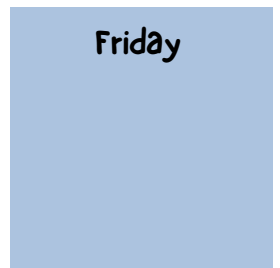
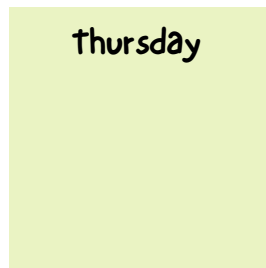
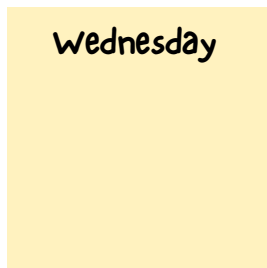
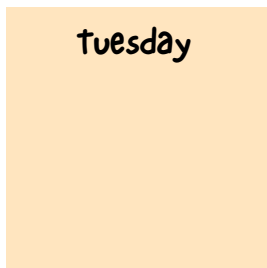
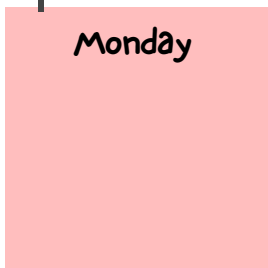
Our Healthy Lunchbox Week Journey



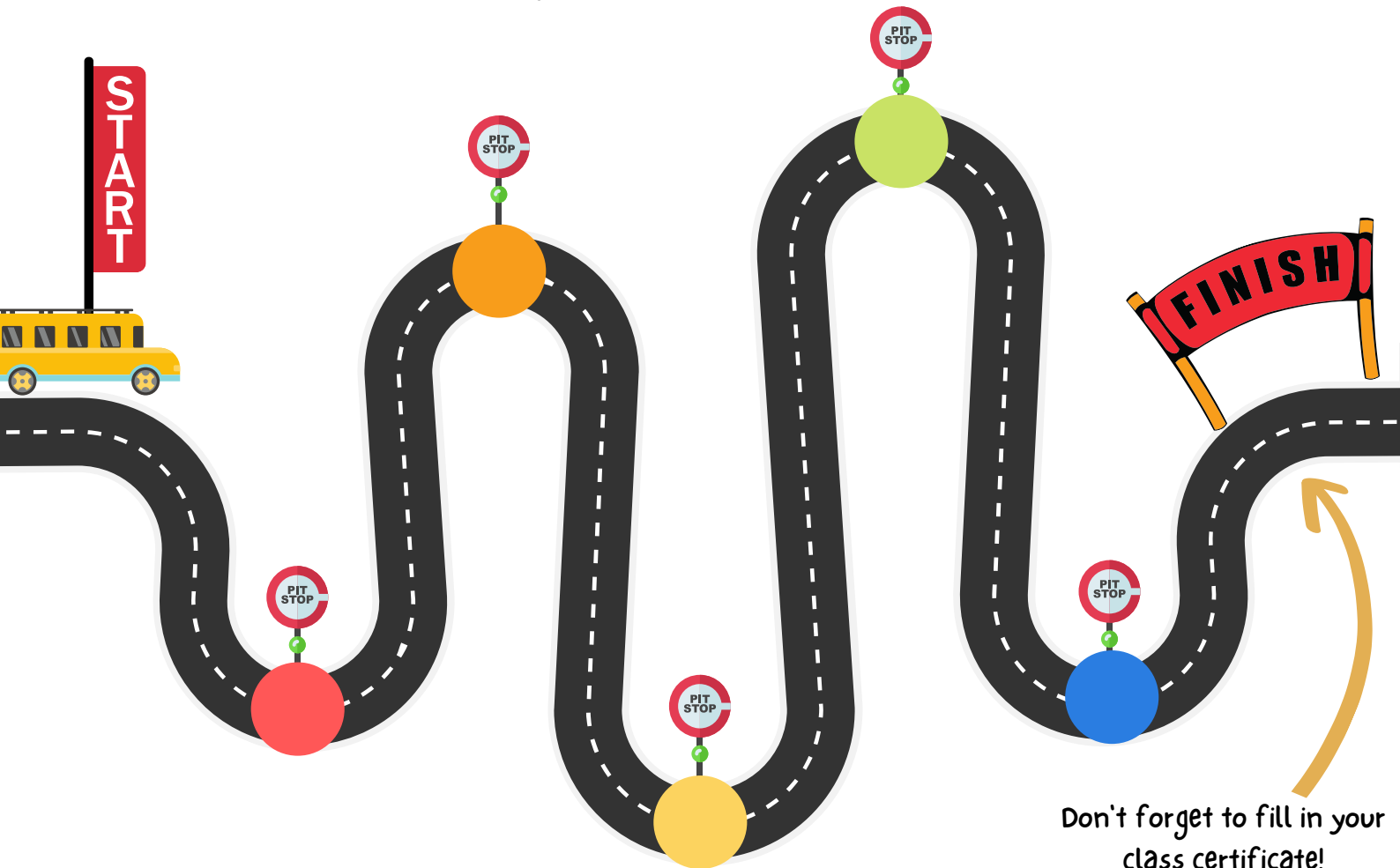
Class: _____

Adventure: Build a Rainbow adventure

 Plan your pit stops.



Tick the coloured circles after completing each pit stop to reach the finish line.



Don't forget to fill in your class certificate!



CONGRATULATIONS

Class: _____

For completing the Healthy Lunchbox Week
Build a Rainbow Adventure

