



Rainbow tasters



Kindergarten - Year 6

By the end of Healthy Lunchbox Week, students will have had the opportunity to try a range of coloured fruits and vegetables.

Learning objectives:

- Students will be able to taste a range of different coloured fruits and vegetables and rate whether they would enjoy the foods in their lunchbox or are not ready for them to go in their lunchbox just yet.
- Students will tally the class results, indicating overall student preference for each of the fruits and vegetables.

You will need:

- Range of fruits and vegetables representing one colour for each day. Refer to colour reference chart to help choose taste test foods.
- Chopping board and knife.
- Small paper plates or serviettes to serve taste tests.
- 8 cups.
- Bag of playing tokens or counters.
- "Rainbow tasters" student worksheet (optional).

Activity:

- Choose up to four fruits and/or vegetables of each colour for students to taste each day.
- Prepare the fruits and vegetables by washing and cutting them into bite-sized pieces.
- Place two cups next to each fruit or vegetable, label one cup 'yes' and the other 'not yet'.
- Provide each student with four tokens.
- Offer students to taste each food and vote using their tokens.
- Students who enjoy the food they taste and think they would like to have it in their lunchbox are asked to place their token in the 'yes' cup.
- Students who do not enjoy the taste, or are not comfortable in trying the food, and are not ready for that food to go in their lunchbox are asked to place their token in the 'not yet' cup.
- Tally up the results on a tally board for the students to view.
- Students can complete their own worksheet by colouring the emojis that match their response to the foods tasted.
- Repeat each day with a new colour.

Extension activity:

Older students can graph the results.

Teacher note: Be aware of allergies and food sensitivities in your classroom. The terminology 'not yet' is recommended instead of 'no' which can discourage others to try.

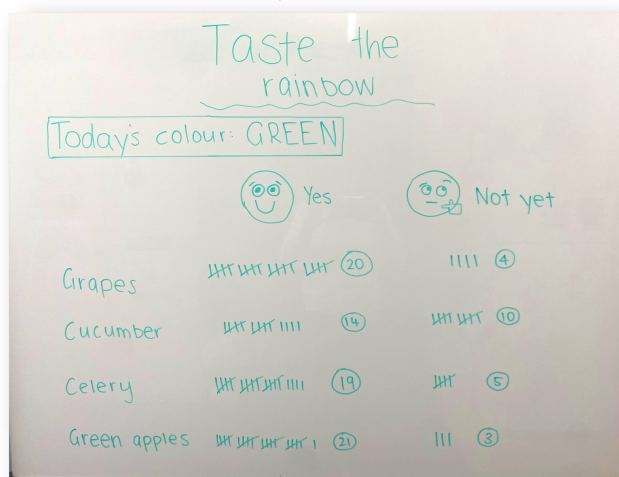




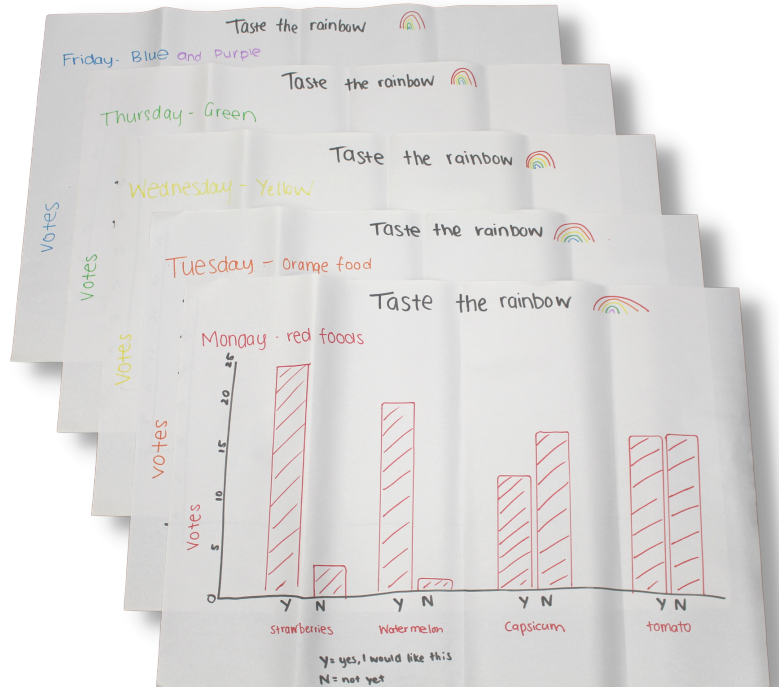
Reference chart

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 Tally Board











































Sample Graphs



I Tasted the Rainbow



Name: _____

Monday Red foods	_____  _____  _____	_____  _____  _____	_____  _____  _____	_____  _____  _____
Tuesday Orange foods	_____  _____  _____	_____  _____  _____	_____  _____  _____	_____  _____  _____
Wednesday Yellow foods	_____  _____  _____	_____  _____  _____	_____  _____  _____	_____  _____  _____
Thursday Green foods	_____  _____  _____	_____  _____  _____	_____  _____  _____	_____  _____  _____
Friday Blue or purple foods	_____  _____  _____	_____  _____  _____	_____  _____  _____	_____  _____  _____

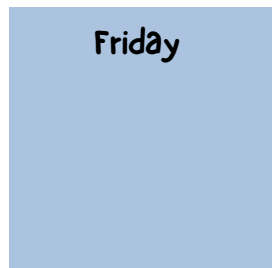
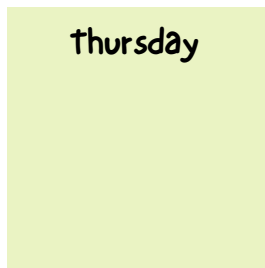
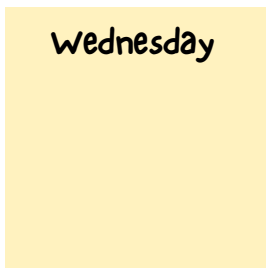
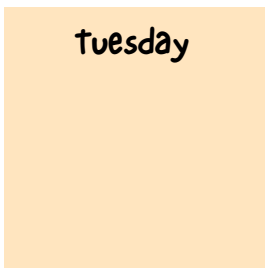
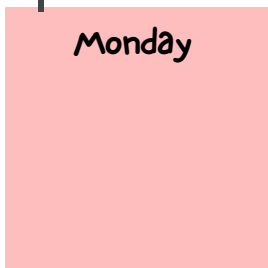
Our Healthy Lunchbox Week Journey



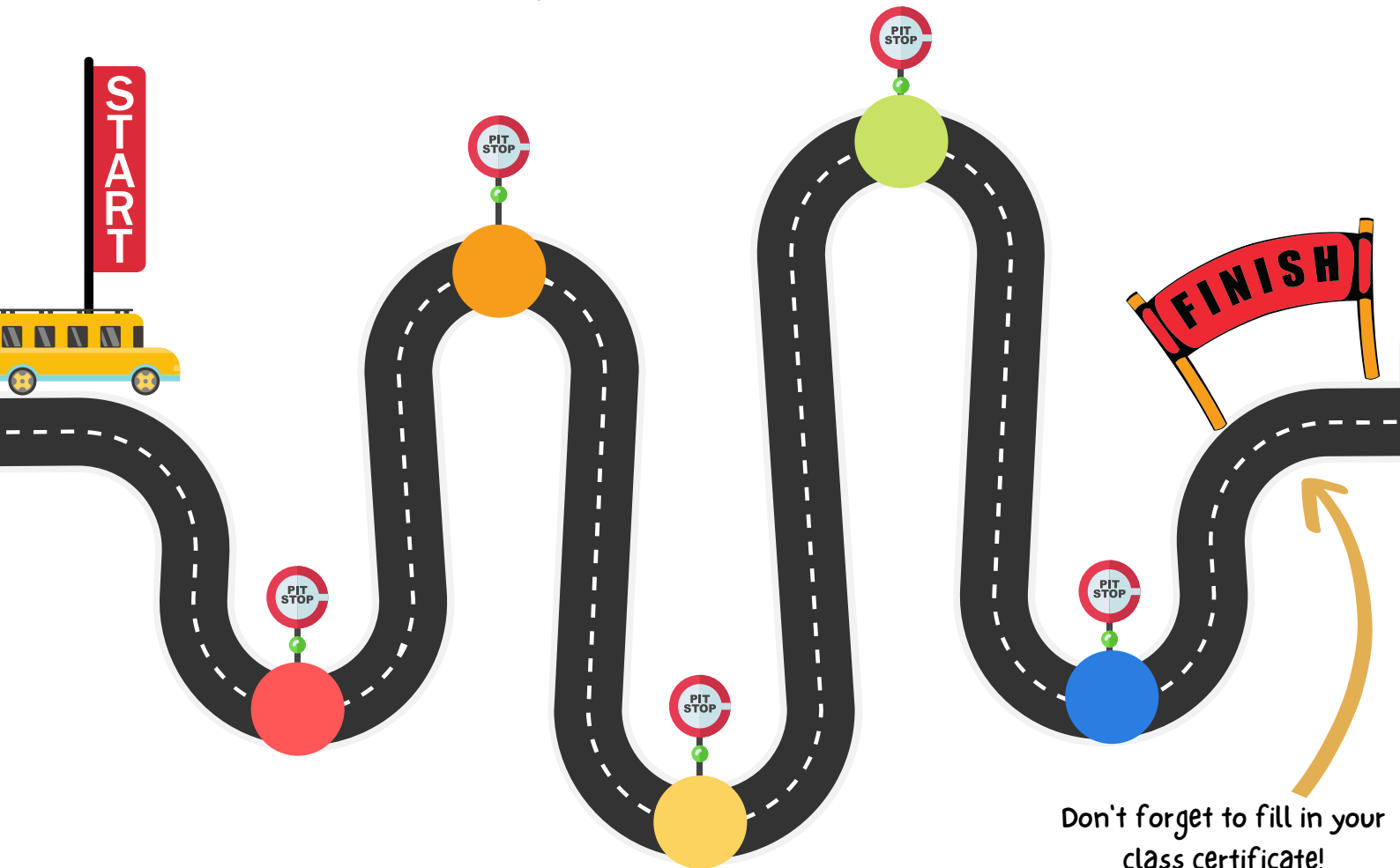
Class: _____

Adventure: Rainbow tasters

 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
Rainbow Tasters Adventure

