

Grade 1: Colours and Shapes



What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Primary Grades

Resources required

- *Canada's Food Guide* (available free from www.healthcanada.gc.ca/foodguide or your local public health unit/department).
- Activity sheet: Colours and Shapes
- Crayons (red, yellow, orange, green, blue, purple, white, tan, brown)
- Construction paper (red, yellow, orange, green, blue, purple, white, tan, brown)
- Colour pictures of vegetables and fruit (cutouts from grocery store flyers or, if wanted, food model cards that can be purchased from Dairy Farmers of Canada at www.teachnutrition.org)

Instructions

- Discuss vegetables and fruit using *Canada's Food Guide* (the green group).
- Discuss how vegetables and fruit can also be grouped according to the colour of the edible part of the vegetable or fruit using the *Paint Your Plate!* approach. (see section 1.7)

Option 1:

- Provide the students with the Colours and Shapes activity sheets and instruct them to colour *only* the pictures of vegetables and fruit, using the appropriate colour (inside and out if possible).
- Have the students draw a shape around the vegetables and fruit that are in the same colour group using the following shapes:
 - heart for the red group,
 - circle for the yellow/orange group,
 - square for the green group,
 - diamond for the blue/purple group, and
 - triangle for the white/tan/brown group.

Option 2:

- Hold up the coloured pieces of paper corresponding to the five colour groups. Have the students talk about which vegetables and fruit fall into the colour groups.

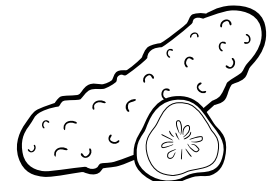
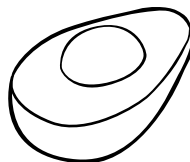
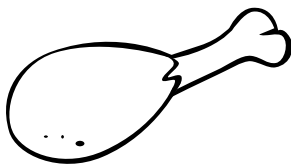
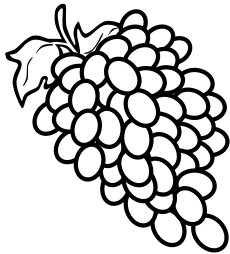
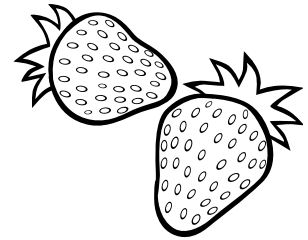
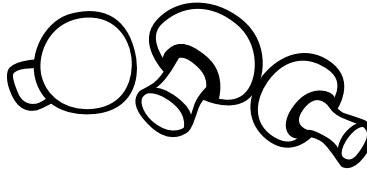
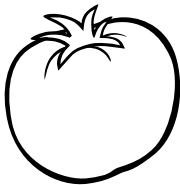
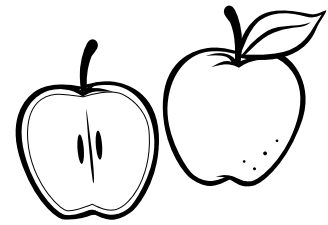
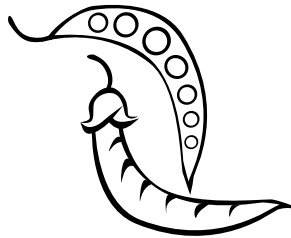
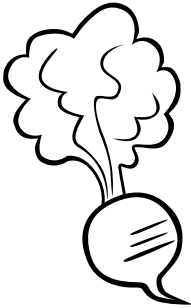
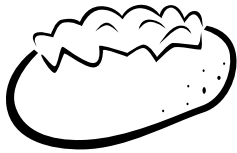
Option 3:

- Discuss the importance to healthy eating of including a vegetable or fruit at every meal and snack. Ask when they eat vegetables and fruit. Ask if there is a meal or snack in which they do not eat a vegetable or fruit. Ask them to name a vegetable or fruit that they would ask their parent to include in a meal or snack.

Note: Refer to Section 2.6 Vegetables and Fruit Busy Box for hands-on activities with real vegetables and fruit.

Colours and Shapes

Activity Sheet



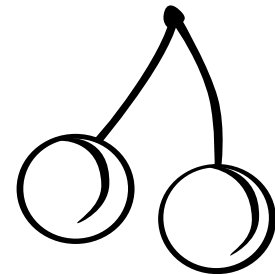
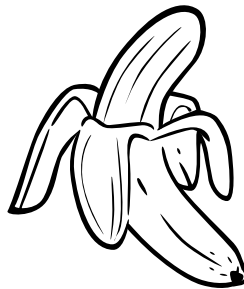
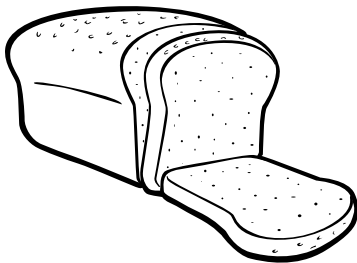
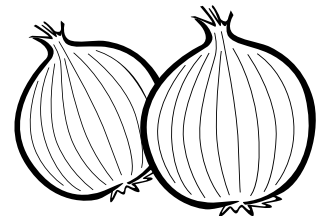
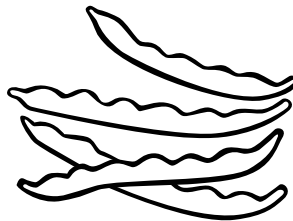
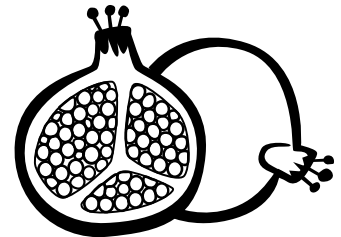
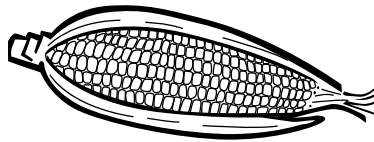
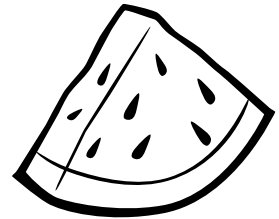
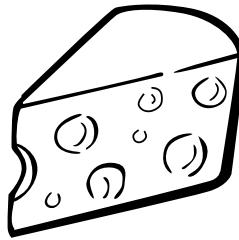
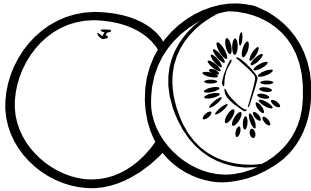
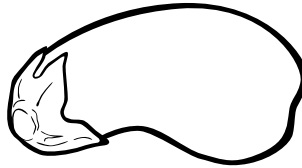
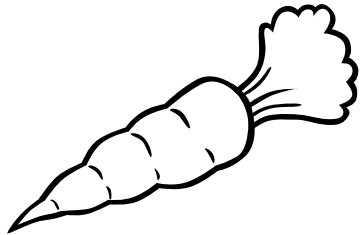
Adapted from Eat Smart with My Pyramid for Children. Team Nutrition, USDA Food and Nutrition Services.



Paint Your Plate! Create a Masterpiece
Vegetables and Fruit Action Guide for Schools
NHEP ©2007

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Activity Sheet



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