



Great Oaks Elementary Eat the Rainbow Veggie Tasting



Game: Build a Rainbow.



Game: Rainbow Roll.



Game: Go Food Go Fish.

Project Goals

- Increase student awareness of why eating Fruits and Vegetables is important.
- Teach students about the different colors of the Fruit/Vegetable spectrum and each color's benefit to your body.
- Provide outreach to the student's families to continue the education piece at home by providing "at home" challenges regarding eating Fruits and Vegetables.
- Participate in a hands-on experience as a cumulative piece to the project.

Lessons Learned

- Fruits and Vegetables come in different colors which provide our bodies with different benefits.
- Increasing consumption of Fruits and Vegetables requires effort and parental participation.
- Creating healthy habits at a young age will help you maintain a healthy lifestyle as you age.
- Fruits and Vegetables are a major piece of a "great plate" and should be consumed daily.

How To Replicate/Sustain

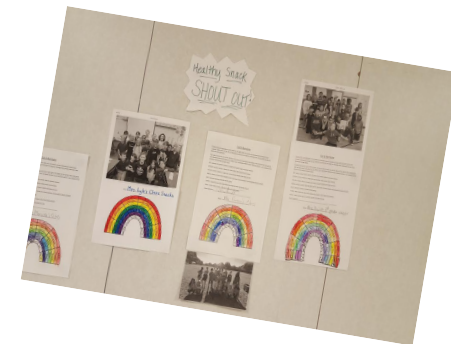
- Continue teaching nutrition concepts through innovative "food power" games during Wellness class.
- Continue stressing the importance of fruit and vegetable consumption through educational opportunities.
- Continue outreach to families by providing at-home eating challenges.
- Continue providing hands-on experiences that accompany the learning objectives.

Contact Information

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MICHAEL & SUSAN DELL
COMMUNITY COLLABORATIVE
for CHILD HEALTH



Game: Eat the Rainbow.



Game: Knock the Blurple.



Game: Smoothie Day.