



# Be a Smart Shopper!

## After the Trip

Ask students their overall impressions of the field trip. *What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?*

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you letters to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

## Demonstrate Knowledge

Have students create a produce rainbow. Print or cut out pictures of colorful fruits and vegetables from gardening or food websites and magazines. Lay out pieces of construction paper that represent the colors of the rainbow (red, orange, yellow, green, blue, purple). You may want to add a white and brown piece of construction paper, as well.

Ask students to find a picture and match it to the colored paper. For example, students should glue a picture of a red apple on the red piece of paper. You might ask older students to find one fruit and one vegetable for each color. Reinforce that the color of each piece of produce tells how it helps our bodies.

**Red:** Is good for your heart and improves your memory

**Orange:** Is good for your eyesight

**Yellow:** Is also good for your eyesight and keeps your skin, teeth and bones healthy

**Green/White:** Helps you avoid getting sick with certain diseases

**Blue/Purple:** Is good for your heart and blood

After students have glued the pictures on the appropriate color, tape together the pieces of construction paper in the order of the rainbow and display for the class to see.

Finally, have students complete the Health-Smart Choices worksheet.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health-Smart Choices

Circle the food that is healthier for your body.



banana

OR



banana split



cupcake

OR



whole-wheat toast



popcorn

OR



chips



yogurt

OR



ice cream



hotdog

OR



grilled chicken