



GROWING COLORS

TYPE OF ACTIVITY: Art

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify the colorful fruits and vegetables in the book.
- › Children will distinguish between foods that grow in, on, or above the ground.
- › Children will practice fine motor skills by using paintbrushes to create art.
- › Children will practice social skills by sharing the art materials.

MATERIALS:

- › Book: *Growing Colors* by Bruce McMillan
- › White Paper
- › Tempera paint in the colors from the book (red, yellow, blue, orange, green, purple, tan, brown, white, and black)
- › Paint cups
- › Small paintbrushes
- › Markers
- › Smocks
- › MyPlate poster



PROCEDURE:

1. Set-up: Pour a small amount of tempera paint into cups, and place a small paintbrush or two in each cup. Make sure there are enough smocks for each child participating.
2. Show the MyPlate poster and remind children that they should eat foods from all food groups each day. Point to each food group, and encourage children to read the words along with you. Suggested phrases:
 - a. Remember that in order to be healthy, we need to eat food from all of the groups.
 - b. We're going to read a book that has photographs of colorful fruits and vegetables. Fruits and vegetables are two of the food groups. Help me read these words: "fruits" and "vegetables".

3. Read the book and invite children to identify the colors and names of each fruit and vegetable. Ask them to observe how each food grows (e.g., in the ground, on a bush, on a vine, under or above the ground). Explain that we should eat fruits and vegetables of many colors to get all the vitamins and nutrients our bodies need.
4. Tell children that they are going to paint with the colors in the book. Help children put on smocks and show them the paint colors. Help children recall which fruits and vegetables are each color. Suggested language:
 - a. *Here is some red paint that you can use in your picture. Do you remember a fruit or vegetable that was red? Yes, the raspberries were red. The potatoes were also red.*
 - b. *What was the blue fruit that was growing on a bush? The blueberries are blue like the paint we're going to use.*
5. Give each child a piece paper, and encourage children to choose a color to paint with first. Make sure children can reach and share the paint colors easily.
6. As children paint, encourage them to talk about their art. Help them compare the colors they are using to the colors of fruits and vegetables in the book.

ADAPTATIONS/EXTENSIONS:

Family Involvement: Hang children's creations together in an area for families to see at a special event. Encourage children to tell their families about their pictures and how they made them.

