

Collect Your Colours Lunch Hour Challenge

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students work in small groups to brainstorm lists of vegetables and fruit and how these can be integrated into their meals or snacks.

Why Do It?

Students share ideas with classmates about how to prepare various types of vegetables and fruit to help them add colour to their day.

How Do We Do It?

Student leaders divide students into small groups of 3–4.

Assign each group a colour (e.g., green, orange, red) and give students two minutes to come up with as many vegetables and fruit in their colour group as possible.

Have students share their lists with the large group and have students add to other groups' lists.

Student leaders share how to incorporate more colours into snacks and meals. Examples:

- Add a side of carrots, bell peppers, and dip to lunch or dinner.
- Add a vegetable as a pizza topping.

- Add dried apricots or raisins when baking.
- Add sliced strawberries to your cereal at breakfast.
- Blend spinach into a smoothie.
- Mash avocado as a dip.
- Snack on blueberries and yogurt.

What Else Do We Need?

- Paper
- Participation prizes (e.g., healthy snacks: apples, oranges, granola bars) for all participating teams
- Writing utensils

How Do We Get Creative?

Plan a workshop to learn and practice how to prepare veggies and fruit in unique and different ways.

Invite a chef to do some food demonstrations with veggies and fruit.

Provide a tasting party with vegetables and fruit from the different colour groups. Check with adults, such as public health officials, about food safety measures.

Adapted from: Action Schools! BC. (2011). Healthy Eating Action Resource.