



Feel good

Rainbowls

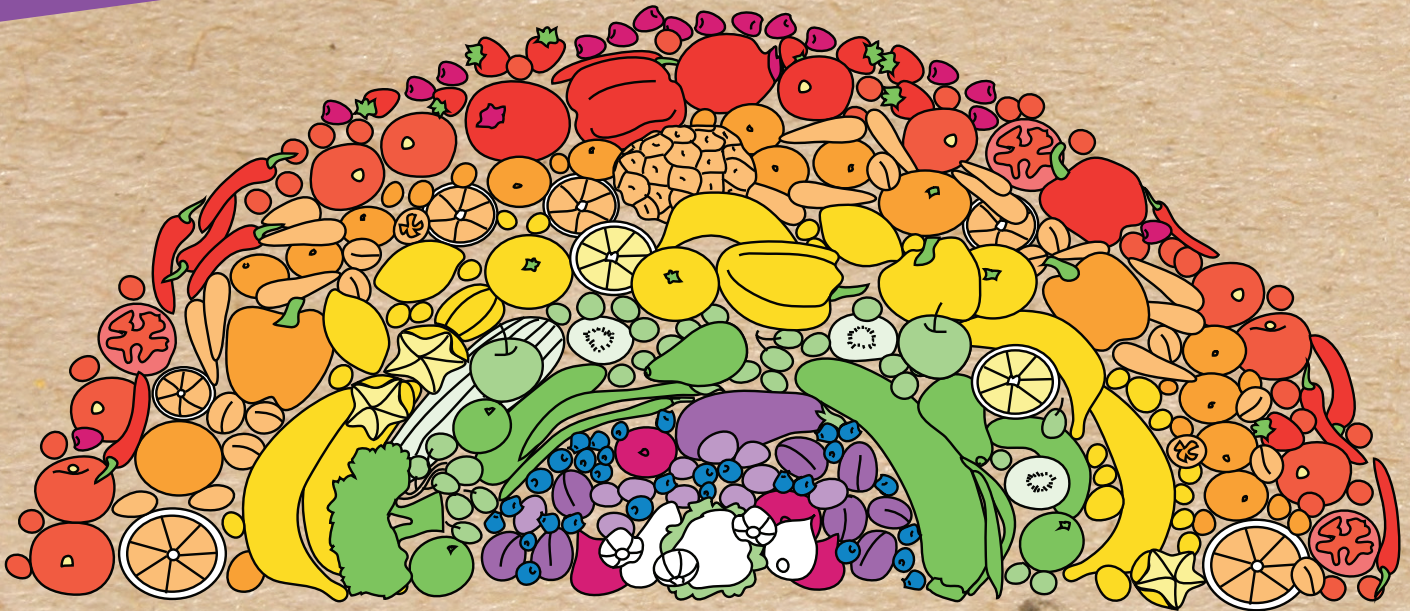
Stage

5

45 mins



Skills builder



Aim of activity

Create a tasty technicolour treat! Explore how different coloured foods can help you eat a balanced diet and stay healthy.

What you'll get out of it

- Understand the benefits of different food.
- Explore what you eat.
- Know how to improve your diet.

What you'll need

- Pens
- Paper
- A large sheet of paper
- Colouring pens
- Mixture of different coloured fruits and vegetables – if possible use those listed by colour in the 'What to do' section
- Information about the benefits of different colours of food
- Cooking equipment as required, for example chopping boards and knives



WE DISCOVER, WE GROW

Girlguiding



Feel good

Stay safe - knife safety



- Always direct the knife away from your body when cutting.
- Always use a chopping board.
- Always hold on firmly to what you're cutting.
- Keep your fingers away from the blade.
- If you drop the knife, don't try to catch it. Step back and pick it up once it's landed.

Note to leader

Check girls' allergies and dietary requirements and plan accordingly. You may want to plan with the group what fruit and vegetables they wish to use before completing this activity.

Different foods contain different nutrients, which is why you need a balanced diet made up of varied foods. The health benefits of food can often be linked to their colour. You can group most foods into five colours:

- Red – tomatoes, cherries, radishes, red apples
- Orange/yellow – sweet potatoes, carrots, peaches, pineapples
- Green – spinach, broccoli, avocados, kiwis
- Blue/purple – aubergines, grapes, blueberries, plums
- White – mushrooms, cauliflower, pears, garlic

Are you eating enough colours in your diet? A 'rainbowl' is a great way of getting a full rainbow in one meal.

What to do

- 1 On a large piece of paper draw an outline of a large rainbow, split into five sections. Label each section with the food colours.

- 2 Get into five groups and each pick a different food colour. Using the food information, find out how your colour food helps your body. When you find a fact, write or draw it on your section of the rainbow.

Top tip

One benefit of each colour is:

- Red – protects the body against UV rays
- Orange/yellow – boosts the immune system
- Green – helps clear toxins from the body
- Blue/purple – supports the eyes
- White – helps allergies like hayfever

- 3 As a group, talk about the last time you had a meal that included all five food colours, then think what fruit and vegetables you want in your rainbowl.

- 4 Ready, steady, get creating! Wash your hands, collect your ingredients, grab a bowl and get cooking. Try to serve it so the colours are separate, like a rainbow.

- 5 Sit together as a group and enjoy your rainbowl. After you've eaten, chat about other recipes you could make. On your own, plan a tasty three-course meal that includes all five colours.

Take it further

Try taking a picture or making a note of everything you eat for a whole day. Are you eating all the colours? If you are, can you do it every day for a week? If not, try adding different colours into your diet.