

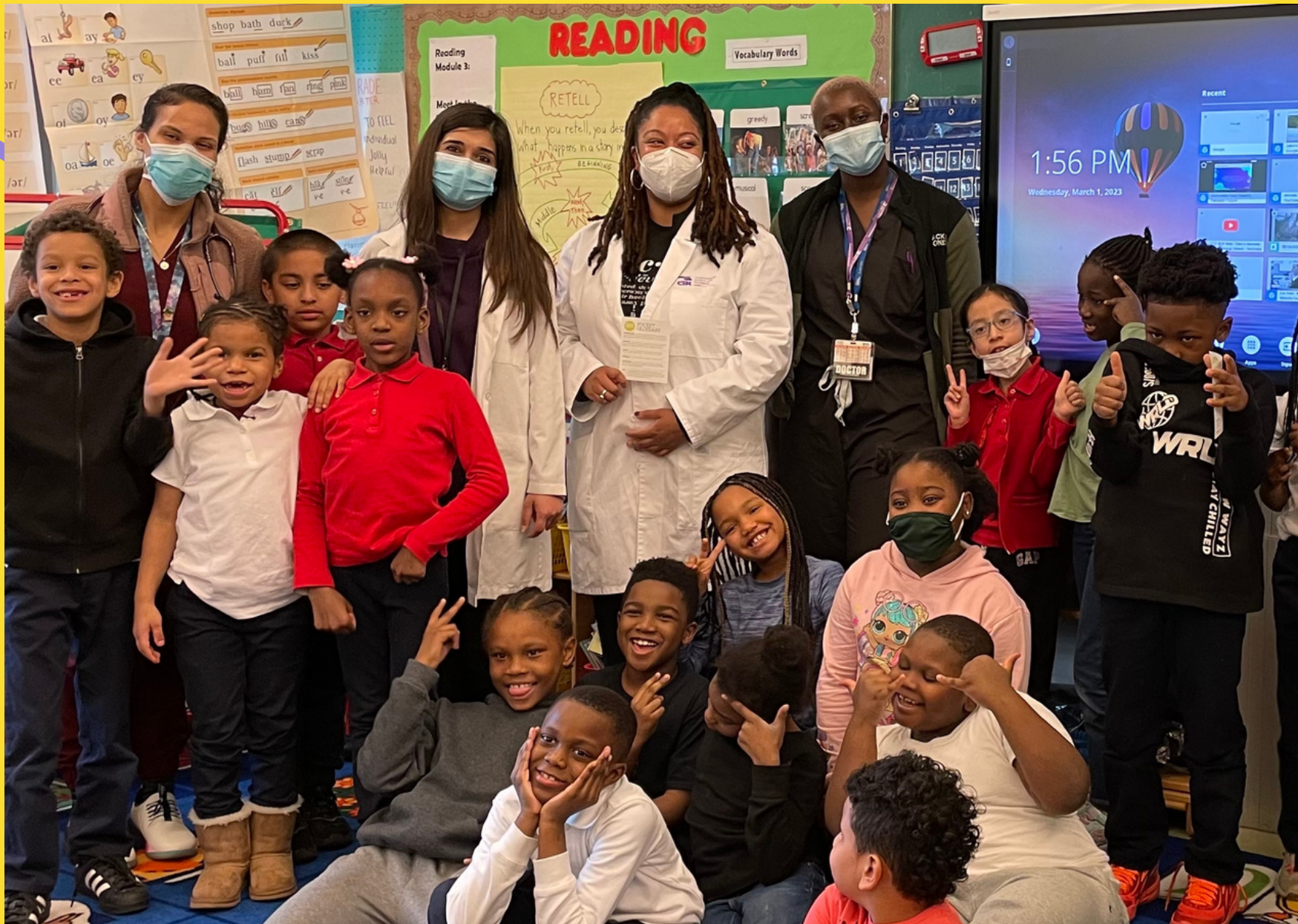
Lesson 2



CHASE THE RAINBOW



WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



We are doctors and union members!

We want you and your families to be happy and healthy.

We will break it up to make it FUN for YOU

How will this go?



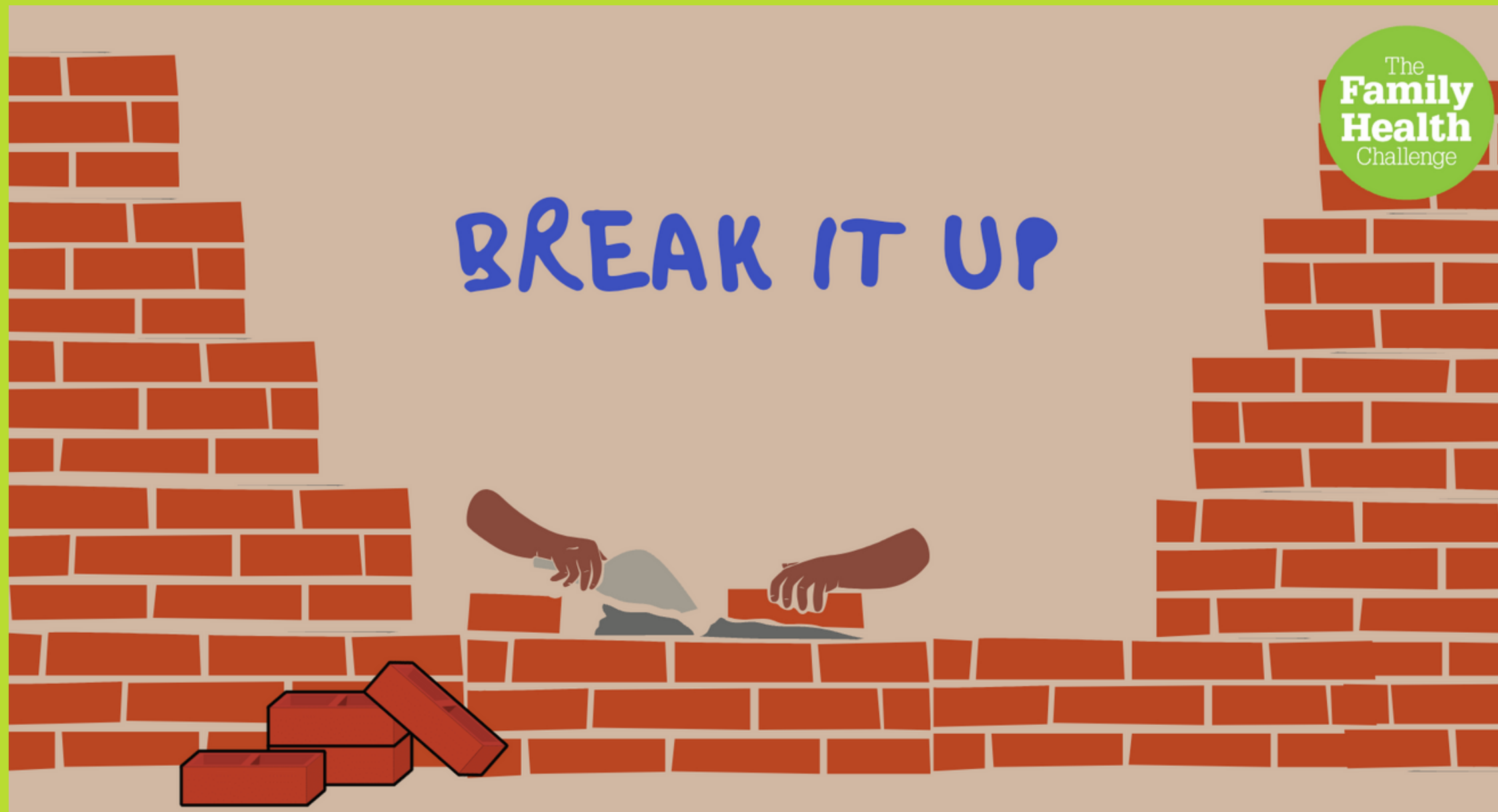
- ✓ We will move
- ✓ New challenge
- ✓ Fun activity

LET'S MOVE OUR BODIES!

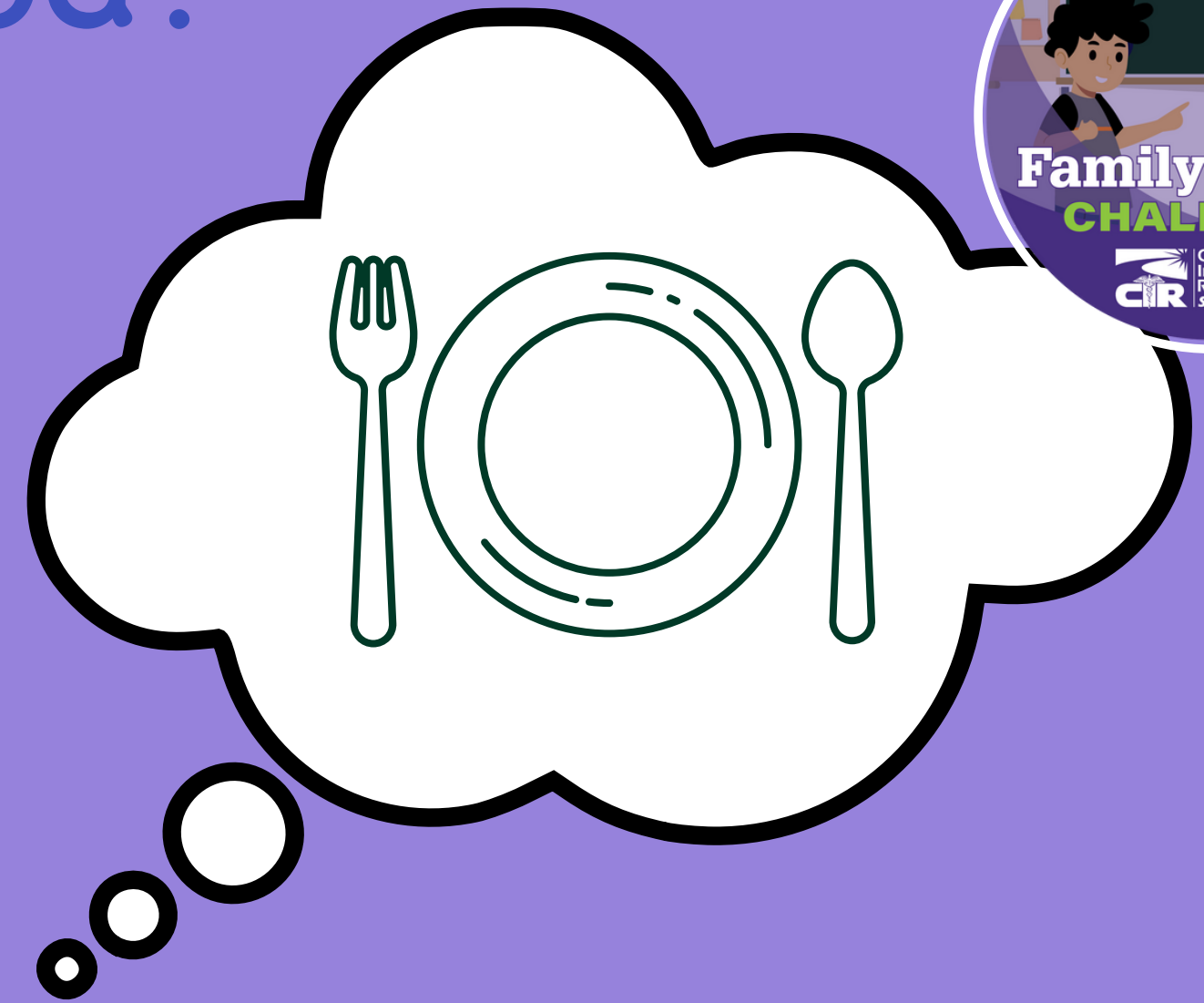
You move how you move!



Let's Review



What is your favorite food? Why do you love it?



What do we love about our favorite foods?



Taste

How it feels

Look/
smell

Special

Who made it

Other

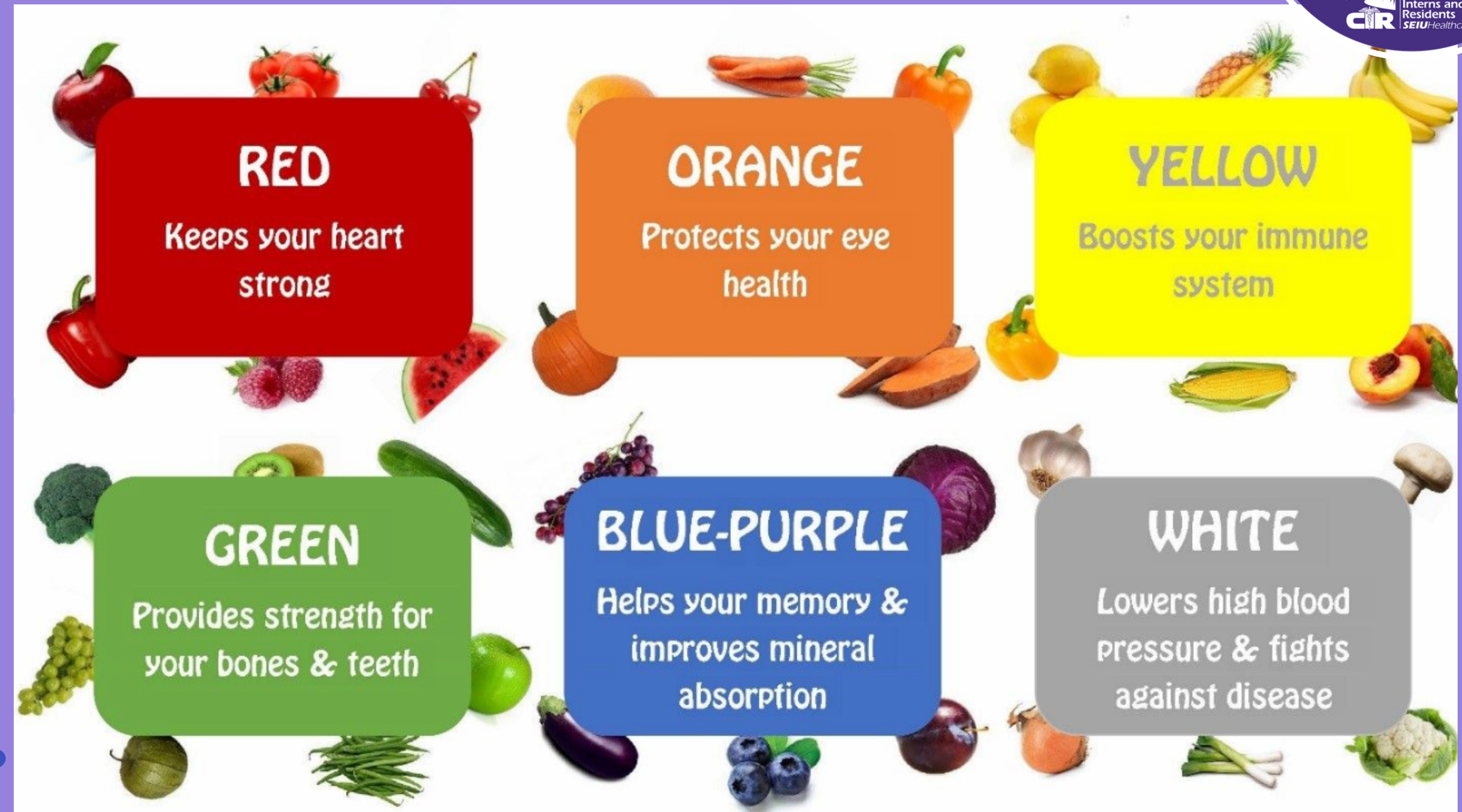


Let's keep it simple...

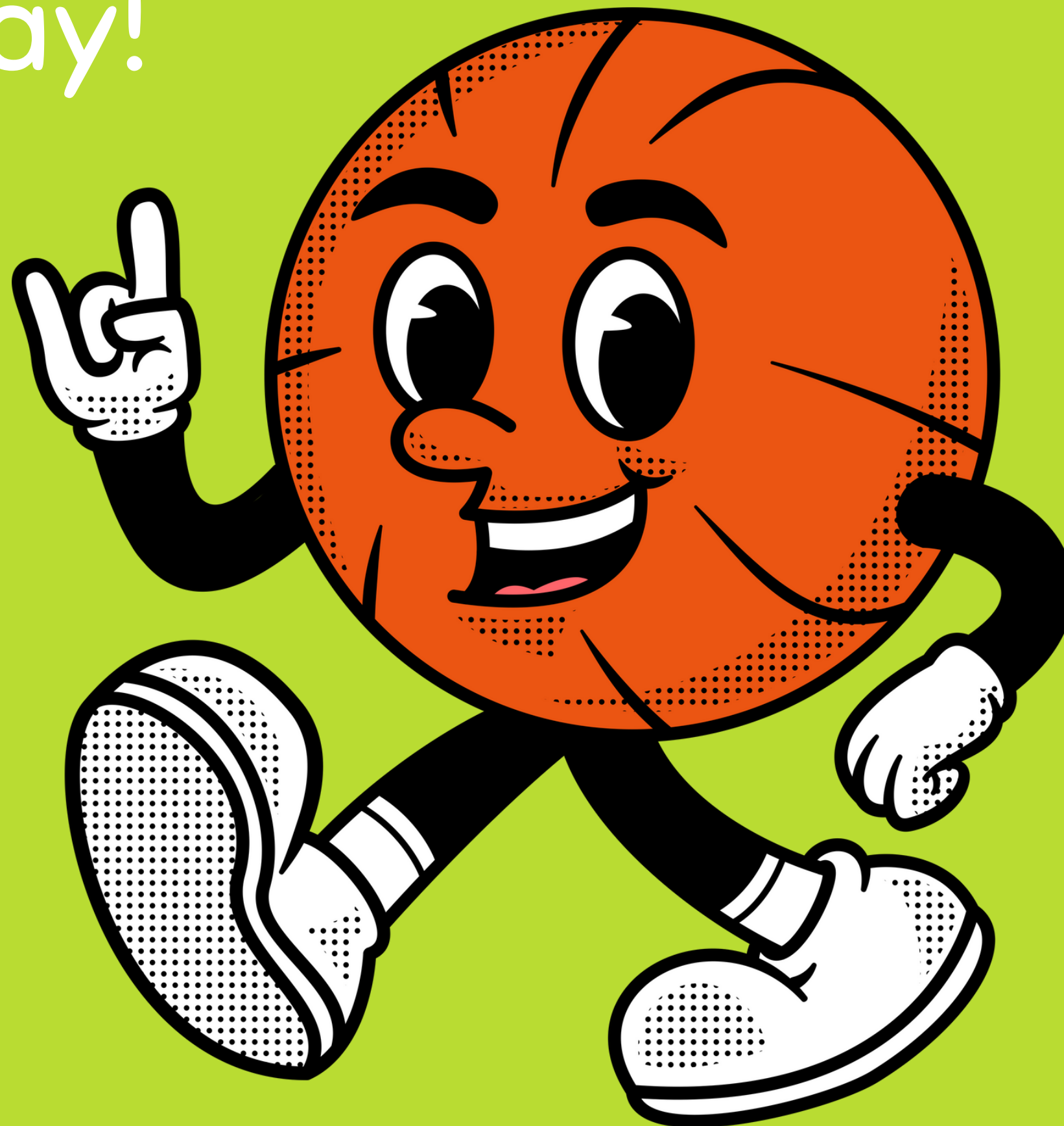
Chase the Rainbow



Let the colors guide you



Shoot for 5 a day!



Say hey veggie veggie
Hey veggie, veggie
I love you
I love you



Veggie Luv Ft. Monifah and J-Rome



But... I don't like
fruits or
vegetables!



But... I'm allergic to
many veggies and
fruits!



But... we only have
canned veggies in
my room.



But... we never have
colorful foods where I
live.



ACTIVITY

I Can Eat a Rainbow!





I can eat a rainbow!

NAME: _____

Draw or glue pictures of fruits and vegetables for each color of the rainbow.

 Red	 Green
 Orange	 Blue
 Yellow	 Purple





RECAP



What's the challenge for this week?

SHARE IT!

Who can you tell about your challenge?

