Name: _____ Date: _____

Eat the Rainbow at Lunch

Circle group

Look at your lunch tray. What colors do you see?

Foods come in many colors. A tomato is red. A carrot is orange. A banana is yellow. Peas are green. Grapes can be purple.

Each color helps your body in a new way. Some help you grow. Some help you see. Some give you energy to run and play.

So pick many colors. A bright plate is a smart plate.

Questions

1. What color is a carrot?

_____

_____

2. What color are peas?

_____

_____

3. What do some foods give you the power to do?

_____

_____

4. What is a bright plate?

_____

_____

5. Why should you pick many colors of food?

_____

_____

Words to know

tray: a flat thing for carrying food
body: all of you, from your head to your toes
energy: the power to move and do things
bright: full of strong, happy color

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Eat the Rainbow at Lunch

Triangle group

Look at your lunch tray. How many colors do you see?

Foods come in many colors. A tomato is red. A carrot is orange. A banana is yellow. Peas are green. Grapes can be purple.

Each color of food helps your body in a different way. Some foods help you grow. Some help you see. Some give you energy to run and play.

So pick many colors, not just one. A bright plate is a smart plate. Try a new color today! Ask a grown-up to help you find one at the store. Fruits and veggies are a good start.

Questions

1. What color is a carrot?

_____

_____

2. What color are peas?

_____

_____

3. What do some foods give you the power to do?

_____

_____

4. What does the story say a bright plate is?

_____

_____

5. Why should you pick many colors of food?

_____

_____

Words to know

tray: a flat thing for carrying food
body: all of you, from your head to your toes
energy: the power to move and do things

bright: full of strong, happy color

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Eat the Rainbow at Lunch

Square group

Take a good look at your lunch tray. How many different colors can you spot?

Foods come in a wide range of colors. A tomato is red, a carrot is orange, a banana is yellow, peas are green, and grapes can even be purple.

Every color of food helps your body in its own special way. Some foods help you grow, some help you see well, and some give you the energy you need to run and play.

That is why it is wise to choose many colors instead of just one. A bright, colorful plate is a smart plate, so try a brand new color today!

Questions

1. What color is a carrot?

_____

_____

2. What color are peas?

_____

_____

3. What do some foods give you the energy to do?

_____

_____

4. What kind of plate does the passage call a smart plate?

_____

_____

5. Why is it wise to choose many colors of food instead of just one?

_____

_____

Words to know

tray: a flat thing for carrying food
body: all of you, from your head to your toes
energy: the power to move and do things

bright: full of strong, happy color

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Eat the Rainbow at Lunch

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Eat the Rainbow at Lunch

Easier · 70 words · Flesch-Kincaid grade 1

1. Orange.
2. Green.
3. Run and play.
4. A smart plate.
5. Each color helps your body in a new way.

Triangle: Eat the Rainbow at Lunch

This passage · 101 words · Flesch-Kincaid grade 1.2

1. Orange.
2. Green.
3. Run and play.
4. A smart plate.
5. Each color helps your body in a different way.

Square: Eat the Rainbow at Lunch

Harder · 107 words · Flesch-Kincaid grade 4.6

1. Orange.
2. Green.
3. Run and play.
4. A bright, colorful plate.
5. Every color helps your body in its own special way.