

Eat the Rainbow: Super Foods, Super You K-5 Educator Resources

Common Core Standards Aligned (K-2):

- CCSS.ELA-LITERACY.RL.K./RL.1.1/RL.2.1: Ask and answer questions about key details in a text.
- CCSS.ELA-LITERACY.W.K.8/W.1.8/W.2.8: Recall information from experiences or gather information from provided sources to answer a question.
- CCSS.ELA-LITERACY.SLK.6/SL.1.6/SL.2.6: Speak audibly and express thoughts, feelings, and ideas clearly.

Common Core Standards Aligned (3-5):

- CCSS.ELA-LITERACY.W.3.8/W.4.8/W.5.8: Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.
- CCSS.ELA-LITERACY.SL.3/ SL.4.1/SL.5.1-Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on topics and texts
- CCSS.ELA-LITERACY.SLK3.4/SL.14.4/SL.5.4: Report on a topic or text, tell a story, or recount an experience with appropriate facts and relevant, descriptive details, speaking clearly at an understandable pace.

CASEL Standards Aligned (K-5):

- Self-Awareness: students reflect on how Farm Sanctuary (and other sanctuaries) help farm animals thrive in a safe, loving, and caring space. Students will recognize values such as kindness, empathy, justice, and protection of all animals.
- Self Management: students will practice compassion fatigue or sadness and the positive outcome (animals living happily and safely at Farm Sanctuary)
- Social Awareness: students will learn about animals' unique personalities and relationships with each other, seeing them as sentient beings and fostering compassion and empathy.

- Relationship Skills: students will be respectful listeners during the webinar and have engaging discussions with their peers about what they learned.
- Responsible Decision-Making: students will have the ability to make thoughtful decisions about their food choices, advocacy, and supporting humane treatment of all animals.

Before Webinar Activities:

- **(K-2)**
 - Post sticky notes on the board with students' favorite fruit or veggie and have them share why they like them. Check back after the webinar to see how that fruit or veggies support their health and happiness.
 - Do a mindfulness/feelings check-in. Practice mindfulness to prepare for the webinar.
 - Bring in or have students bring in their favorite fruit or veggie the day of the webinar and have the students use their five senses to describe it.
- **(3-5)**
 - Have students research their favorite fruit or veggie and why it is healthy.
 - Do a mindfulness/feelings check-in. Practice mindfulness to prepare for the webinar.
 - Bring in a fruit or a veggie and complete a “growing gratitude” mindfulness activity. Ask students to think about everyone who helped bring this fruit or veggie to the class today (farmers, farm workers, truck drivers, grocery store employees, family members, etc) and end with going around the room and saying “Today I am thankful for...”

After Webinar Activities:

- **(K-2)**
 - Have students make posters with facts they learned about fruits and vegetables and how they help us have healthy bodies and minds by using facts from the webinar. Hang the posters in your classroom or in the hallway to teach others.

- Practice reading or writing affirmations and/or practice rainbow breathing as demonstrated in the webinar.
- As a whole group, in small groups, or in partners, complete the **Eat the Rainbow: Super Foods, Super You** worksheet for after the webinar to review what was learned.
- **(3-5)**
 - In partners, have the students research more facts about fruits and vegetables and how they help us have healthy bodies and minds. Then have students create a poster or other visual representation summarizing what they learned and share their work with their peers.
 - Have students write affirmations for their peers on sticky notes and place them on their friends desk. Then take an affirmation walk for students to see all of the positive affirmations their classmates wrote for each other.
 - Have students complete the **Eat the Rainbow: Super Foods, Super You** worksheet for after the webinar to review what was learned.