Boys in Mind/Girls Mind Too

Rainbow Food Film Teachers' Notes

- The 'Rainbow cards' are a resource which can be copied.
- We suggest copying to an A3 size, gluing onto a large sheet of card and cutting out.
- These activities are designed to introduce children to exploring the different colours of foods and their relationship to benefits for the body.
- Generally, the colour of the part of the food you eat is the colour that determines this benefit however food varies in colour so this is only a guide.
- You will find there are a couple of cards that don't seem to fit:

→ Banana: is it white or yellow? One of the immune system cards is coloured pale yellow to match. Yellow and orange foods can be beneficial to our immune systems.

→ Eyes: green food is also good for them so will match with a green food card.

We have included this to encourage discussion over how you choose and to show there are often multiple benefits from one colour.

- The other sheets and grids can also be copied, we hope they're helpful to start you on your 'fun food' journey.
- Please note there may be a number of safety teaching points to consider especially around the use of kitchen utensils. In the film you may spot a small child using a blunt knife to eat - perhaps a talking point with your class!

We hope you enjoy exploring these fun activities with the children.

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Rainbow to Munch Grid

Tasting notes for ‘A Rainbow Salad’

Name	Colour	Texture	Taste	Do you eat the skin?	Do you eat the pips or seeds?

Tasting notes for ‘Blue Bananas!’

Name of fruit or veg	Colour - solid, speckly, pale, dark etc.	Texture - hard, soft, crunchy, chewy, etc.	Taste - sour, sweet, bitter, salty, etc.	Anything else you notice