

Rainbow Pops:

In this activity, kids make fruit “lollipops” with a variety of fruits in a variety of colors. They learn about the range of available fruits, the value of eating a balanced variety, and take away an important lesson — that fruit is sweet and tasty.

Talking Points:

It’s good to eat many different types of foods.

When it comes to fruits and vegetables, it’s good to eat many different colors as well!

Fruits and vegetables come in different colors. Which colors? (For simplicity, stick to 5 main color groups: Red, Yellow/Orange, Green, Blue/Purple and White)

It’s good to eat a many different colors of fruits and vegetables—like a rainbow!

Materials and Ingredients:

- Select a range of fruits, as least one of each color:
 - o RED strawberries, watermelon, red apples, red grapes
 - o YELLOW/ORANGE mangoes, papayas, oranges, cantaloupe, peaches, nectarines, pineapple
 - o GREEN kiwifruit, green grapes, green apples, green pears, honeydew
 - o BLUE/PURPLE blackberries, blueberries, purple grapes, plums, raisins
 - o WHITE bananas, white nectarines, white peaches, brown pears

- “Lollipop” Sticks: thin pretzel sticks, popsicle sticks, flat toothpicks, recycled straws or coffee stirrers all work

Instructions:

- Let kids do as much of the hands-on prep work as possible, including washing, peeling and slicing fruits with a blunt knife. Do small things to make it easier for them to do tasks all by themselves, as this is a critical part of the activity. For instance:
- Cut of the tips off of bananas (or make a slip halfway through the tips) to make them easier for kids to peel.
- Open a can of pineapple slices and place slices into a bowl so kids can serve themselves with a fork and then chop them into chunks themselves with a blunt knife.
- To make a “lollipop,” poke a toothpick or other “stick” into a piece of fruit, then pick it up and eat!
- Demonstrate how to use smaller sticks with smaller fruit (like a blueberry on a toothpick) and bigger sticks with bigger fruit (like a melon chunk on a popsicle stick).