



Educational Activities Together

EAT Weekly Newsletter | Volume 8

## Word of the week: Rainbow

This week's word is Rainbow. June is the perfect time of year for rainbows. Summer is nearly here, and all the rainstorms bring us closer to seeing a real life rainbow. A rainbow happens after the rain, when the sun comes out shining, because water helps to reflect all the types of light from the sun as it arcs through the sky. Rainbows are beautiful because they can show us so many different colors. There are 7 colors in a rainbow: Red, Orange, Yellow, Green, Blue, Purple, and Violet.

Another reason rainbows are so special in June is because all month long we celebrate all the different types of love there is in the world. A lot of families have one mom and dad, but many families also have two moms, or two dads, and the rainbow is one symbol that shows support for all the different types of families.

Now, let's think of your plate. How many different color foods are there on your plate? Our fruits and veggies come in so many different colors! When you eat a rainbow of fruits and veggies, your body has the nutrients it needs to be strong and healthy. This week, we hope you try some of these activities and see how many different colors you can eat!



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Get all the past newsletters, resources and more at:

[www.eatnc.org](http://www.eatnc.org)

E.A.T. is an effort by community partners to help families make the most of their time at home by learning and growing together. Each week we will share engaging educational activities for families to get hands-on with nature, food, and physical activity together. Please take a look and try out at least one new or exciting option to do with your family. Enjoy and thanks for reading!

*EAT is brought to you by the following organizations. These local organizations are dedicated to supporting Durham families, students and teachers during this time of social distancing.*



Public Health



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

# Get Outdoors!

*Rainbow nature-based activities to try at home this week!*

## Make Your Own Rainbow

**Grade level:** All grades

**Time:** 5 minutes

**Supplies:** Glass of water, piece of paper, a sunny day

**Location:** Indoor

**Supervision:** Adult supervision not needed

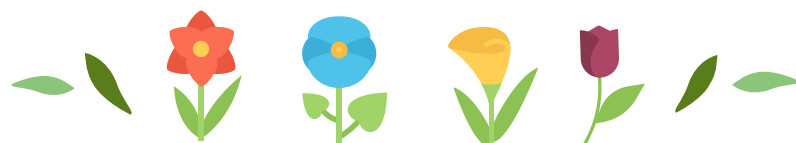
**Directions:**

- Take the glass of water and paper to a sunny part of the room (like near the window).
- Hold the glass (being careful not to spill it) above the paper and watch as sunlight passes through it, refracts (bends) and forms a rainbow of colors on your sheet of paper.
- Experiment by holding the glass at different heights and angles.
- What different effects do you see? Talk as a family - what happened? The sunlight refracted (bent) through your glass and separated into all the colors of the rainbow.

This is the same thing that happens in the sky, the sunlight refracts through raindrops to form a rainbow.

**Source:** Activity from ScienceKids

<https://www.sciencekids.co.nz/experiments/make-arainbow.html>



## Nature Rainbow Walk

*There are always rainbows in nature, even if there isn't one in the sky. Spend some time outside and find your own nature rainbow.*

**Grade level:** Pre-K and up

**Time:** 30-60 minutes

**Supplies:** Plain unruled paper, pencil, crayons or colored pencils, clipboard or hard surface to write on

**Location:** Outdoor

**Supervision:** Adult supervision needed for 2nd grade and below

**Directions:**

1. Collect your supplies. Before going outside, make sure you have permission from a parent or guardian to explore the area outside of your residence.
2. Draw an outline of a rainbow on your paper, make it as big as you can. Don't color it in yet, you will do that later. You might want to label each arc, so you remember where the colors go – red, orange, yellow, green, blue, purple.
3. Walk around your yard or neighborhood. Notice all the colors you see in nature. Look at the flowers, plants, water, bugs, trees, etc. The sky is the limit!
4. Now it's time to fill in your rainbow. Start at the top with the red arc. Write and/or draw all the red things you see in the arc. For example, red flowers, a ladybug, a red cardinal bird.
5. Continue your nature walk, filling in every color of the rainbow this way.
6. Finish coloring and add any final touches. Show your family your nature rainbow and talk about what you found.

## Video of the Week:

- Book Read Along -

**Rainbow Stew**

by Cathryn Falwell

Read along as the characters pick colorful vegetables in their Grandpa's garden to make a delicious stew. Try the recipe at the end!



<https://www.youtube.com/watch?v=zELNluJtylg>

# Get Moving!

*Rainbow physical activities to try at home this week!*



## Red Light, Green Light

**Grade level:** Pre-K and up

**Time:** Unlimited

**Supplies:** None

**Location:** Outdoor

**Supervision:** Adult supervision not needed

**Directions:**

- Start with everyone in a line. When you say “green light” everyone can move towards the finish line.
- When you say “yellow light” everyone must move slowly.
- When you say “red light” everyone must stop.
- If players are still moving when you say “red light” they must go back to the starting line.
- First one to cross the line wins!

**Variations:** try different ways to move like hopping, skipping, lunges, etc.

**Activity adapted from:** Playworks

<https://www.playworks.org/game-library/red-light-green-light/>

**We're online! Get all the newsletters and more at [www.eatnc.org](http://www.eatnc.org)**

*We value your feedback! Please consider taking 2 minutes to fill out this survey.*

<https://www.surveymonkey.com/r/DNZK5PT>

## Rainbow Tag



*Capture the Flag meets Hide-and-Seek!*

**Grade level:** Pre-K and up

**Time:** 10 minutes+

**Supplies:** 5 sticks (preferably popsicle sticks), face paint, wet wipes

**Location:** Indoor or outdoor

**Supervision:** Adult supervision required (minimal)

**Directions:**

- Paint one popsicle stick to match each color of face paint.
- Hide each stick with its matching face paint.
- When players find a colored stick, they draw a line of that color paint on their face.
- First player with all five colors painted on their face shouts “rainbow!” and wins!
- **Variation:** have one player be “it” and chase the others with a wet wipe. If players are caught, one of the colored lines gets wiped off their face.

**Activity adapted from:** MyKidsAdventure.com

<http://www.mykidsadventures.com/outdoor-games-for-kids/>



# Get Cooking!

Rainbow eating activities to try  
at home this week!

## Fruit and Veggie Rainbow Riddles

**Grade level:** K-2nd

**Time:** 5 minutes

**Location:** Indoor or outdoor

**Supervision:** Adult supervision not needed

**Directions:** Try to guess the answer to the following riddles:

1. I am a very large fruit. It takes two hands to carry me. I am green on the outside and red on the inside. I have lots of black seeds that are fun to spit! What am I? What color is the part we eat?
2. I am long and orange and have a green top. I am a root vegetable, which means I grow under the ground. I have vitamins that help you see better at night. Bunnies like to eat me. What am I? What color is the part we eat?
3. My sweet kernels are yellow and sometimes white. You'll find me wrapped in a green husk. When you eat me, you are really eating seeds. Even though I am an ear, I cannot hear. What am I? What color is the part we eat?
4. I am a green vegetable. I look like a tiny tree. When you eat me, you are really eating a flower. I taste great with cheese. What am I? What color is the part we eat?
5. I am a small round fruit. I come in bunches. When I am dried in the sun, I become a raisin. What am I? What colors can I be?

Can you come up with your own fruit or vegetable riddle?



**Answers:** 1. Watermelon-red 2. Carrot-orange (Fun Fact! You can eat the tops of carrots too!) 3. Corn-yellow 4. Broccoli-green 5. Grape-purple, green or red

## Recipe of the Week: Rainbow Coleslaw



**Grade level:** 5th and up

**Time:** 20 minutes

**Supplies:** Knife, large bowl, mason jar

**Location:** Indoor

**Supervision:** Adult supervision required

**Ingredients:**

Fruits and Vegetables

- 1 red pepper, thinly sliced
- 1/3 cup purple cabbage, shredded
- 1/2 cucumber, diced
- 1-2 carrots, shredded
- 4 collard leaves, shredded or chopped
- Cilantro (optional)

Dressing

- 1/8 cup honey
- 1/8 cup lime juice
- 1 tablespoon white or rice vinegar
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup olive oil

**Directions:**

1. Chop vegetables and mix in large bowl or sealable container
2. Measure dressing ingredients into a mason jar and shake well.
3. Pour dressing on to salad and mix until well covered.
4. Eat immediately or store for up to 2 days.

*You can also substitute different pepper colors or use any hardy greens, like kale or chard!*