

Cengage Learning Transcript ***School-Age Children: Teaching about Nutrition***

>> The children in this classroom are playing a game to learn more about the importance of the five colors of fruits and vegetables. Diets that are rich in fruits and vegetables may decrease the risk of cancer and other diseases. The phytochemicals that give fruits and vegetables their bright colors also help people maintain good health and energy, and protect against the effects of aging. Health benefits of eating fruits and vegetables may seem abstract to young school age children, but they can develop the habit of eating five colors of fruits and vegetables every day.

>> So who can tell me how many colors fruits and vegetables there are?

>> Red.

>> Green.

>> Blue.

>> Close.

>> Purple.

>> Purple.

>> Yellow.

>> Yellow.

>> And --

>> White.

>> White. How many is that?

>> One, two, three, four, five. Five.

>> Great job, you guys. Five.

>> They will be able to remember that a rainbow of colors in their diet is healthier than a few colors.

>> You ready? Go ahead. What is it? It is a --

>> Four.

>> Four. Move up four spots.

>> School age children learn well from games because of repetition, action, and their desire to play well. In this particular game, children learn vicariously about fruits and vegetables as their classmates answer questions, even if they do not answer their own question correctly.

>> All right, Little Jack Horner sat on a corner, eating his Christmas pie. What did Jack pull out of his thumb? It rhymes with "thumb." It begins with the letter "P."

>> Plum?

>> You got it. High five. Good job. Move up one spot.

>> After a round of the game, no child will have trouble remembering the five colors of fruits and vegetables they should eat every day.

>> You ready? Go ahead.