

## FOOD SUPERHEROES PRE-VISIT SUPPORTS



We hope you enjoy these supports as you prepare your students for the Food Superheroes field trip experience with CMoR. We encourage you to use these resources to help students anchor their learning!

### VOCABULARY

*Key words to introduce prior to your visit.*

**RED:** Red fruits and vegetables help your body fight against diseases. They also help your heart stay strong.

**ORANGE:** Orange fruits and vegetables help you see really well and boost your immune system.

**YELLOW:** Yellow fruits and vegetables help lower your blood pressure and keep your joints healthy.

**GREEN:** Green fruits and vegetables help make your bones and teeth strong.

**BLUE, INDIGO, VIOLET:** These fruits and vegetables help fight against inflammation in your body and help keep you from getting sick.

### VA. EARLY LEARNING & DEVELOPMENT STANDARDS

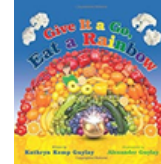
- Health and Physical Development (HPD1; HPD4.3)
- Mathematics (CD3.4)

### BOOK SUGGESTIONS

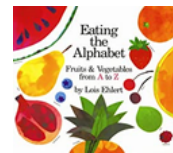
*Dive into learning before the big day!*



I Can Eat A Rainbow  
By Olena Rose



Give It a Go, Eat a Rainbow  
by Kathryn Kemp Guylay



Eating the Alphabet  
By Lois Ehlert

### VA STANDARDS OF LEARNING

#### SCIENCE:

- Scientific Investigation, Reasoning, & Logic
  - K.1 (a, d)
  - K.2 (b)
- Force, Motion, & Energy
  - K.4 (a, d)
- Life Processes
  - K.7 (b)