\*\*Colorful Plate - A Simple Way to a Healthy Diet\*\*

\*\*1. Teacher's Lecture\*\*

In the lesson on dietary recommendations, you learned about the health plate. You found out that vegetables and fruits should be the foundation of our diet. Today, you will learn why it's impossible to balance our daily diet well without the inclusion of vegetables and fruits.

Vegetables and fruits are wonderful because:

- Due to their high fiber content, they are filling and most of them add few calories to our diet.

- Fiber also helps our digestive system function properly.

- They are sources of essential vitamins and minerals.

- Besides basic nutrients, they provide countless compounds that protect our bodies from serious diseases such as cancer and intestinal diseases and strengthen our immune system.

Today, we will focus on these extremely important properties of vegetables and fruits to show you why a varied, colorful diet is so important for your health.

The "rainbow eating" principle is a very simple method to ensure the highest quality of your diet.

Without delving into dietary details, you can follow the rainbow principle daily to care for your health through nutrition. Studies show that not only the quantity of vegetables and fruits in the diet matters but also their VARIETY. Hence, today's lesson about the rainbow plate. These studies also tell us that the more diverse our diet is in terms of vegetables and fruits, the lower the risk of developing diabetes, cancer, and the better the cognitive functions, like improved brain performance, memory, perception, and concentration. It is important to note that we are talking about natural raw materials and not highly processed foods with synthetic additives like soft and energy drinks.

Look at the graphic on the slide.



\*\*Teacher's Stamp\*\*

Here we have a division of vegetables and fruits by their color.

a. Red vegetables and fruits contain antioxidants. Do you know what antioxidants are?

\*\*Teacher adds:\*\*

Antioxidants, or free radicals, help protect the body's cells from free radicals - compounds that play a role in developing heart disease, diabetes, and cancer.

To make these concepts easier to understand, imagine that free radicals are small and cunning pests that form in our bodies during constant chemical reactions. To prevent them from staying in our cells and causing damage, we need antioxidants, which act like little brooms that sweep away these small enemies from our bodies. Tomatoes, red peppers, red apples, cherries, and strawberries are just a handful of products you can eat to gain benefits in fighting diseases.

b. Orange and yellow fruits and vegetables are sources of vitamin C and B-carotene - which your body converts into vitamin A. This vitamin is essential for proper vision. Eating orange vegetables and fruits boosts your immunity, improves blood flow, reduces the risk of stroke, and takes care of your skin and hair health. This group includes citrus fruits, pumpkin, sweet potatoes, carrots, peaches, and oranges.

c. Green fruits and vegetables: mainly leafy greens. The benefits of regularly consuming them are numerous:

- They contain vitamin K, which is essential for blood and bone health.

- They are full of antioxidants, making them important in cancer prevention.

- They provide folates, which protect our circulatory system from diseases.

- They are rich in calcium, so to strengthen your bones, they should appear in your diet daily!

- They boost our immune system.

This group includes broccoli, kale, cucumbers, spinach, green grapes, peas, avocados, kiwis, various lettuces, Brussels sprouts, cabbage, and green asparagus.

d. Purple and blue vegetables and fruits are sources of strong antioxidants that help protect our cells from damage and - like red vegetables and fruits - help reduce the risk of:

- Cancer

- Stroke

- Heart diseases

They also increase our endurance to physical effort and maintain our mental sharpness, meaning we learn faster and more effectively and handle difficult situations better. Examples include plums, purple grapes, blueberries, blackberries, purple cabbage, radishes, and eggplants.

e. White vegetables - such as onions, garlic, horseradish, leeks, parsley, celery, cauliflower, kohlrabi, and chicory. These vegetables contain valuable sulfur compounds that can lower bad cholesterol levels, thus supporting cardiovascular health. They have bactericidal compounds that help fight microorganisms. Especially garlic and onions are considered natural antibiotics, working great against colds.

\*\*2. Now, please complete the task. Compose a rainbow meal. Try to include products of various colors in the dish or meal. It should be a dish that can be compared to a rainbow.\*\*

Now, please present your meal. Think about whether the method of composing meals to be colorful like a rainbow is useful for you? Interesting? Would you like to use it?

What does your meal say about you? Remembering the lesson, tell us what benefits such a meal will give you. If it doesn't include all colors, why did you exclude them?

\*\*3. Summary and Assignment\*\*

Today you learned a very simple and accessible method to balance your diet, ensuring adequate intake of vegetables and fruits. With such a simple approach, you can monitor the quality of your diet and its impact on your health daily. You now know that the more colorful your meals are, the better you take care of your health. Remember, no one expects your plates to undergo a drastic transformation immediately. Start with just one new vegetable and fruit every few days, maybe weekly.

To help you develop the new habit of eating more vegetables and fruits, you will receive a chart to record your achievements.

\*\*Assignment for the upcoming week:\*\*

For the next 7 days, mark the color of the vegetables and fruits you managed to eat. After completing the task, write a short summary of how you liked working with the rainbow and your conclusions regarding implementing the new colorful habit.