



Icebreaker: Roy G. Biv's Plate

Materials: None

Grade Range: Pre-K – 2

Time: 5 - 10 minutes ** Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer **

Synopsis: Mentors will explain the acronym for remembering the colors of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, and Violet) and ask students to name one food of each color to fill Roy's plate. This is a great opportunity to remind students of the importance of eating colorful and healthy foods! (This Icebreaker pairs nicely with our Roy G. Biv scavenger hunt lesson.)

Instructions:

1. Introduce Roy G. Biv to students. Explain that each letter in Roy G. Biv stands for a color of the rainbow; let students know that you will give them 1-2 minutes to think of one food that is a color of the rainbow
2. Allow 1 to 2 mentors to provide an example: Apple for Red, Carrot for Orange, etc
3. Set the timer for 1-2 minutes allowing each student time to think about their food
4. When time is up, ask students to raise their hands and begin to call on students to answer
5. Explain to students that many of the healthiest foods come in a variety of colors and are some of the best foods for us
6. If time permits, ask students to name their favorite colorful food!