

Eat the Rainbow!



Mon Tues Wed Thur Fri Sat Sun

RED

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ORANGE

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YELLOW

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GREEN

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**BLUE &
PURPLE**

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**Colorful food is filled with vitamins!
Can you eat all 5 colors everyday? Color
in each square when you eat that color
and watch a rainbow appear!**

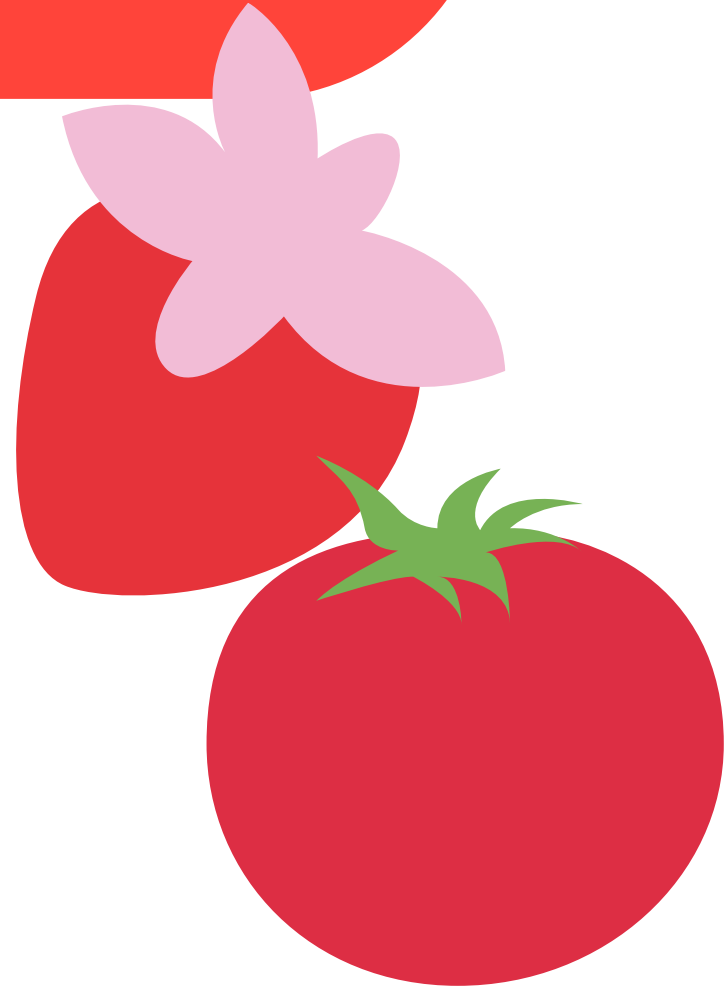
Look on the back for foods of each color!

YUMMY COLORFUL FOODS



RED FOODS

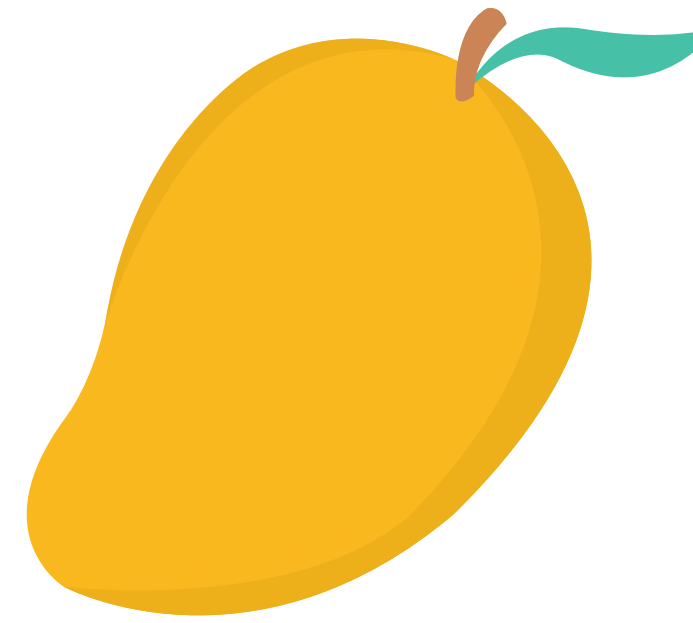
Red Peppers
Tomatoes
Strawberries
Apples



ORANGE FOODS



Oranges
Mangoes
Carrots
Sweet Potatoes



YELLOW FOODS



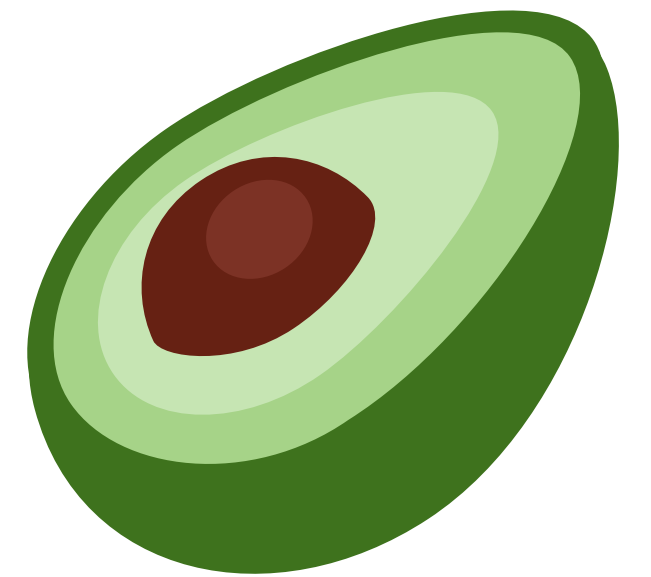
Bananas
Pineapple
Corn
Yellow Peppers



GREEN FOODS



Broccoli
Kiwis
Avocados
Pears



BLUE/PURPLE FOODS

Blueberries
Eggplant
Blackberries
Plums

