

Rainbow Fruit Salad

Today, we talked about eating the rainbow. We explored different kinds of fruits and how eating foods of different colors is good for our bodies. Try this activity at home with your child. Ask them about the smells, the textures, the shapes as well as the colors and flavors (sweet, tart, sour, yummy). *If you don't like the suggested fruits, there is a list at the bottom for color substitutions.*

Have an adult cut up the fruit and let the child help put them together and mix.

Instructions:

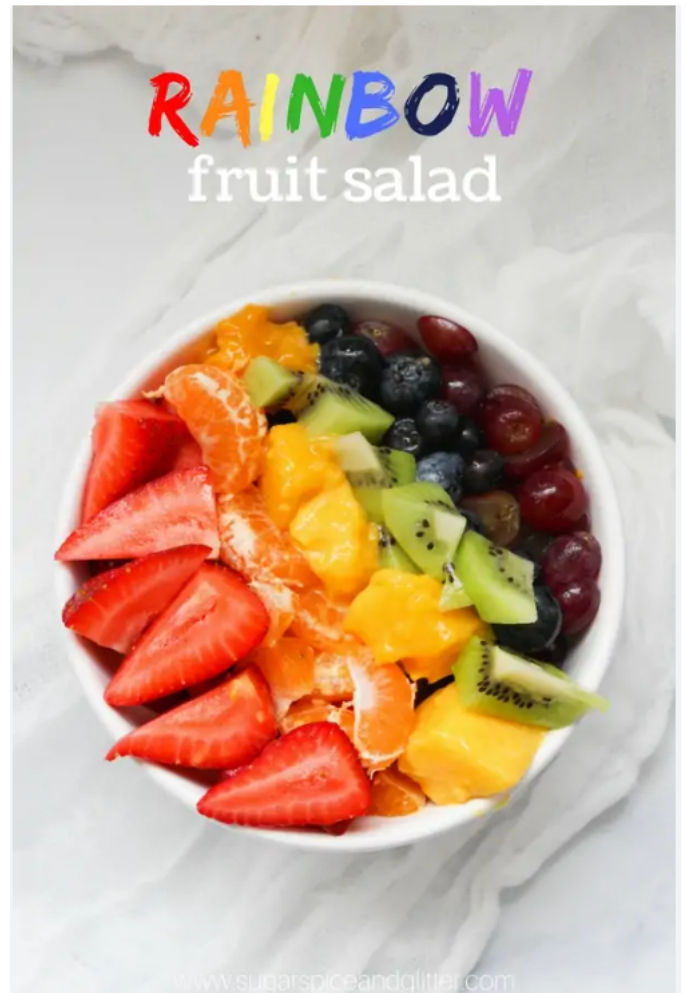
1. Cut up the big fruits into small, bite-size pieces.
2. Add to a bowl and drizzle optional lemon juice over the fruit.
3. Enjoy!

Ingredients:

- 5 strawberries
- 1 orange
- ½ of a mango
- 1 kiwi
- ½ cup blueberries
- ½ cup of grapes (cut into quarters)
- 1 tablespoon of lemon juice (optional)

Ideas for substitutions:

- Red:
 - Watermelon
 - Raspberries
 - Cherries (pitted)
- Orange:
 - Mandarin
 - Nectarine
 - Cantaloupe
 - Peach
- Yellow:
 - Banana
 - Pineapple
 - Yellow apple
- Green:
 - Honeydew melon
 - Granny smith apple
- Blue & purple:
 - Blackberries
 - Plum



Parent Communications— Fruits and Vegetables

Fruits and Vegetables for Better Health

Everyone knows the old saying, “An apple a day keeps the doctor away.” However, most children (and adults!) in the U.S. are not eating the recommended 5 servings of fruits and vegetables each day. Fruits and vegetables are important because they provide vitamins, minerals, and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure, and some cancers. The fiber and water in fruits and vegetables help you feel full.

How can you get more fruits and vegetables into your family's diet? The key is to make the foods available, and to model healthy habits yourself. The following are some tips for success:

- ▶ **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- ▶ **Involve your kids.** Get your kids to help in cooking and planning meals. They are more likely to try new foods if they help out!
- ▶ **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!
- ▶ **Start early.** Introduce fruits and vegetables to children early in life. Continue serving them often.
- ▶ **Be prepared.** Have a supply of cut up, prepared fruits and vegetables in the refrigerator for snacks. Store them in clear containers at eye level.
- ▶ **Trade up.** Ask for a salad instead of fries when eating out.
- ▶ **Don't overdo the juice.** Serving 100% fruit juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

Remember, as a parent, you are the most important person for deciding what goes on the table and into the lunch boxes. Set a good example by eating and serving fruits and vegetables every day. This is so important in an age of fast food and intense food advertising aimed at children. For more information and great recipe and snack ideas, check out www.fruitsandveggiesmatter.gov.