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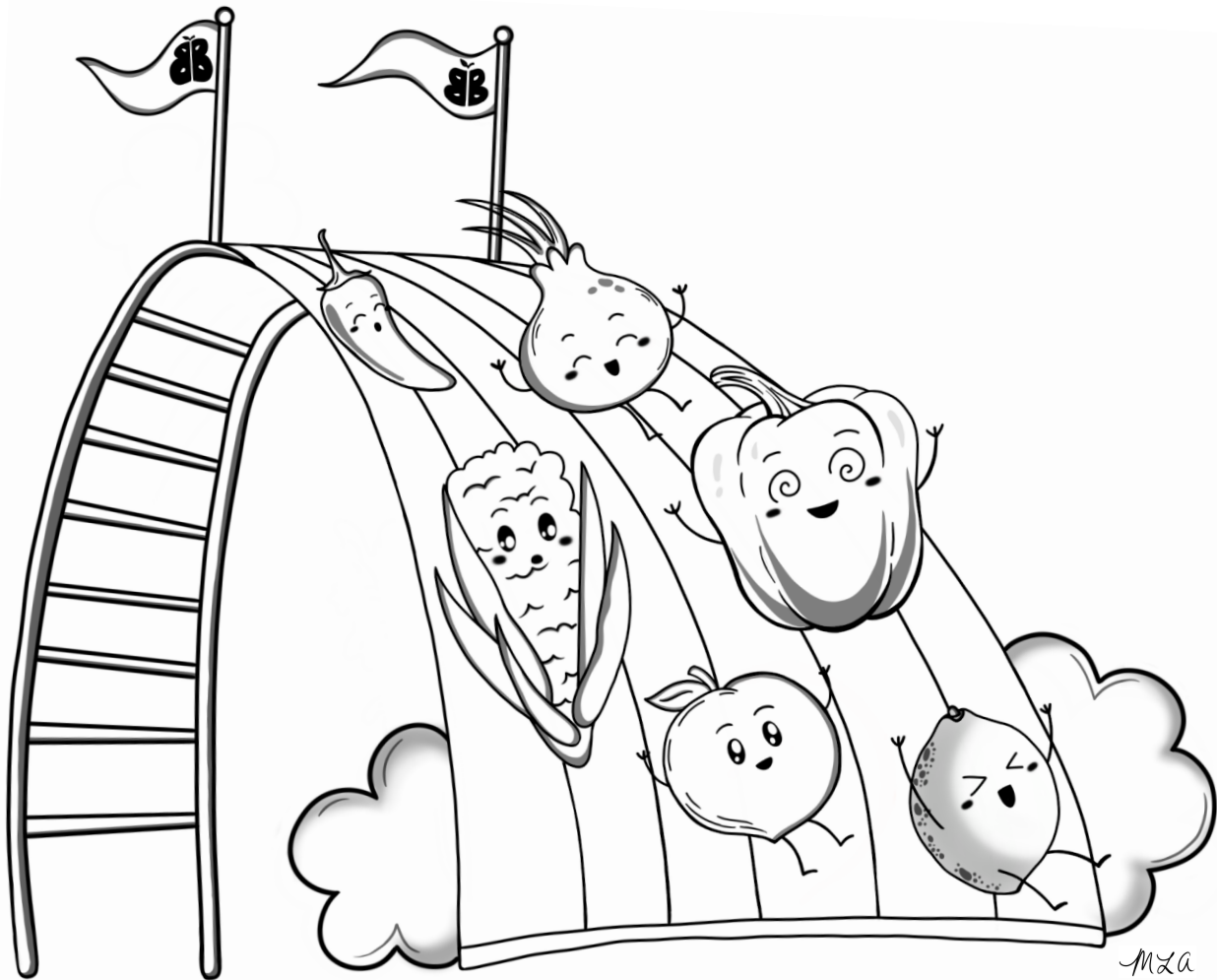


brighterbites®

HEALTHY TOPIC: EAT THE RAINBOW

EAT A VARIETY OF COLORS FOR A HEALTHY DIET

Add color to your meals with fruits and veggies to boost nutrition and flavor. Each color provides different health benefits for the body. By eating a rainbow of colors found in produce, your whole body will benefit!



PRODUCE ACTIVITIES:

- Draw, color, or paint your favorite fruit or vegetable!
- Every fruit and vegetable has a unique flavor. What do you taste when you eat your favorite?
- Try arranging produce in the order of the rainbow. Which fruits and veggies share the same color?