

NAME: _____

DATE: _____

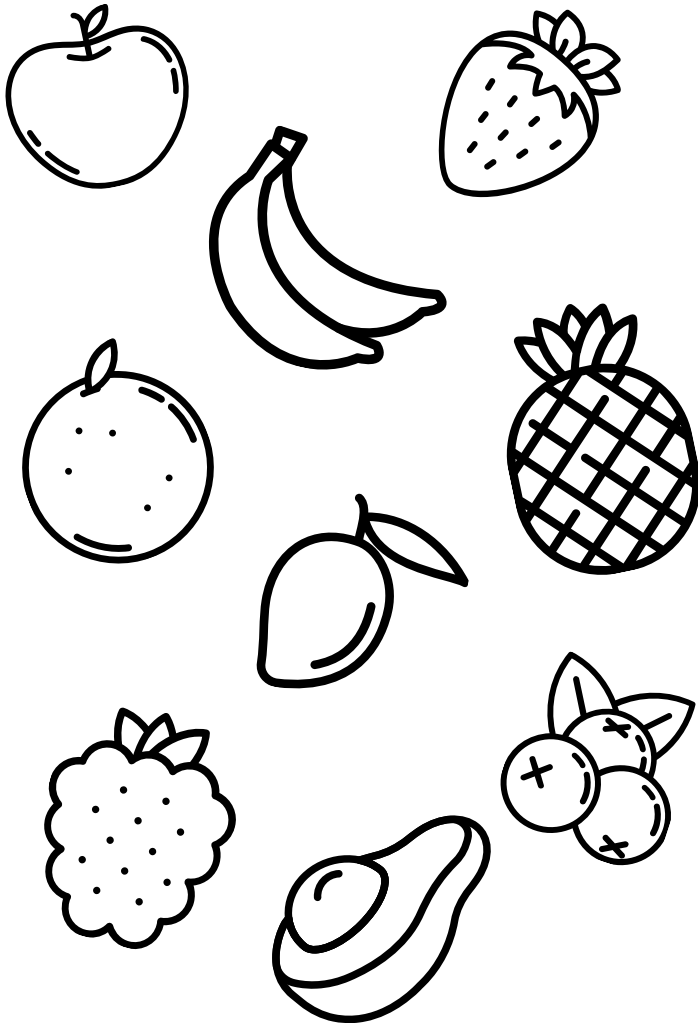


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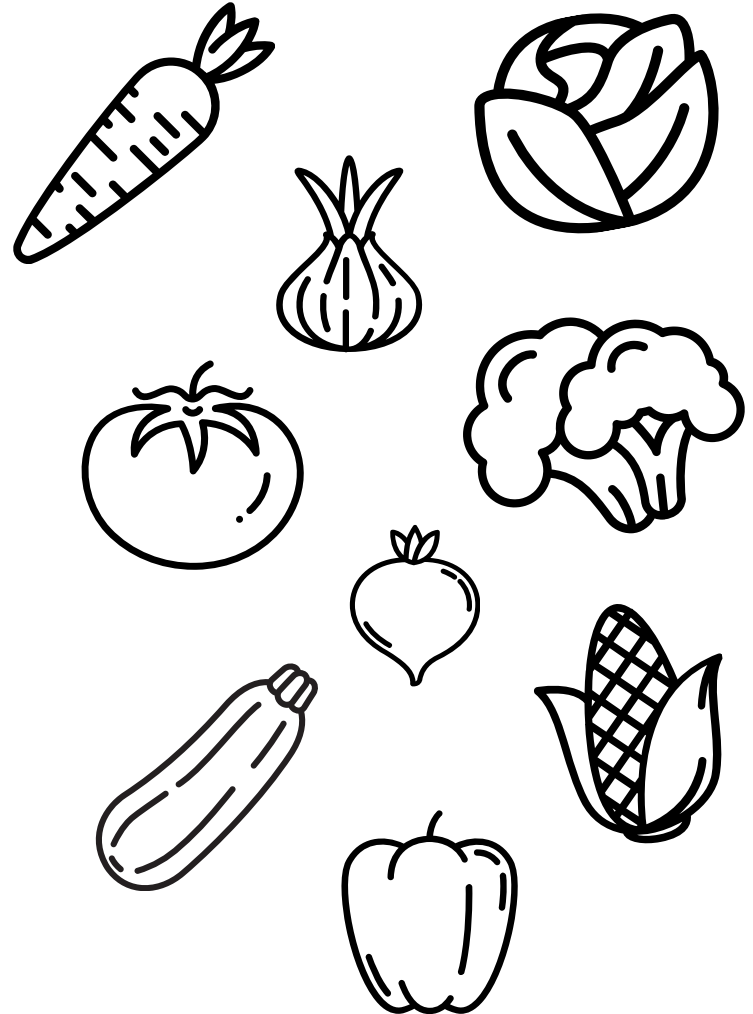
HEALTHY TOPIC: EAT THE RAINBOW

Make these fruits and vegetables come alive with your color pencil!

FRUITS



VEGETABLES



HEALTHY TIP: ADD COLOR TO YOUR MEALS WITH FRUITS AND VEGGIES TO BOOST NUTRITION AND FLAVOR. EACH COLOR HAS ITS OWN HEALTH OF BENEFIT! EATING 3 COLORS EVERY DAY AND 5 COLORS A WEEK WILL HELP YOU FIND THE TREASURE NAMED "GREAT HEALTH".

PRODUCE ACTIVITY:

- What is your favorite fruit/veggie? How does it taste?
- On the picture above, do you find something that can be more than 1 color? (for example, plums can be purple, red, yellow and even green!)
- Keep a diary on the fruit and vegetable you have for all the meals/snacks, how many colors did you eat today?