



brighterbites®

Healthy Topic: Eat the Rainbow

Choose a suggested activity below or create your own:

- **Discuss** “eating the rainbow”- By eating a rainbow of colors found in produce, your whole body benefits! Ask the students to share which colors they like to eat and the flavors they taste when trying their favorite fruit and veggies.
- **Draw, color, or paint** your favorite fruit or vegetable especially in different colors, e.g. carrots can be found in orange, white, purple, etc.
- **Describe** the correlation between produce colors and their vitamins and health benefits.