

COOKING MATTERS PRESENTS

**COOKING MATTERS**

# Make Your Plate a Rainbow

## Go crazy for colors!

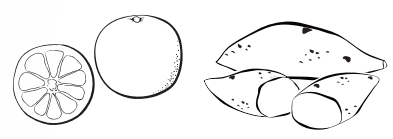
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

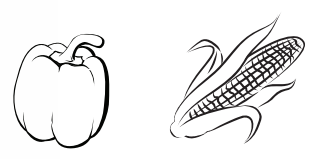
[Red]



[Orange]



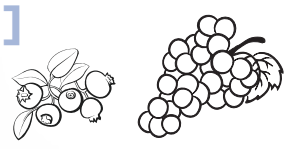
[Yellow]



[Green]



[Blue or Purple]



Circle the fruits and vegetables you ate yesterday. How many colors did you eat?

.....  
Draw a box around the fruits and vegetables you would like to eat today. Try to pick at least 3 colors!

### DID YOU KNOW?

Your school serves colorful fruits and veggies every day at lunch! Draw a star next to the ones you see in the lunch line this week.

### DID YOU KNOW?

Eating different colors helps your body and your brain! Red, blue, and purple fruits and veggies can boost your memory. Green ones give you strong bones and teeth. Orange and yellow ones keep your eyes sharp and help you fight off colds!

**TIP:** The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you've never seen or tasted before. Ask if you can try it together at home.