

Name: \_\_\_\_\_



**Subject:** Science, Health, Math, Life Skills

**Key Concept(s):** nutrition, healthy habits, graphing

### **Eat a Rainbow!**

Watch this Wonderama Video on YouTube: [Cindy Sherman Makes Rainbow Popsicles](#)

*(If needed, use the video title to search for this video.)*

### **Learn about Eating Different Colored Fruits and Vegetables!**

- Different colored fruits and vegetables are healthy for you in different ways.
- Kids should try and eat 3 servings of vegetables and 2 servings of fruit each day.
- The most brightly colored fruits and vegetables have some of the most vitamins, minerals and fiber.
- Red fruits and vegetables have vitamin C, vitamin A, potassium and antioxidants.
- Orange and yellow fruits and vegetables have vitamin C, vitamin A and potassium. They can also boost your immune system and improve vision.
- Green fruits and vegetables are good for your vision, bones, teeth and heart. They have potassium and vitamin K.
- Dark green, leafy vegetables have a lot of fiber.
- There are no naturally blue fruits or vegetables- blueberries are actually purple!
- Purple fruits and vegetables can help your memory.

### **Eat a Rainbow!**

Write or draw and color in 3 different fruits and vegetables that are each color in the chart below.

<b>Red Fruits &amp; Veggies</b>	<b>Orange Fruits &amp; Veggies</b>	<b>Yellow Fruits &amp; Veggies</b>	<b>Green Fruits &amp; Veggies</b>	<b>Purple Fruits &amp; Veggies</b>

Name: \_\_\_\_\_

Can you eat the recommendation of **2 fruits and 3 vegetables a day**? Fill in the different colored fruits and vegetables you eat over the course of a week. Draw or write down the fruit or vegetable you ate.

**Fruits and Vegetables I Ate During the Week of:** \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday