



Brainstorm: *Eat the Rainbow*

Fruits and vegetables grow in our gardens in all different colors throughout the entire year. We don't only eat with our mouth and tummies, we also eat with our eyes!

Fruits and veggies help to add fun color to our plates and allow us to "eat the rainbow". When our food has lots of different colors, it's not only way more fun to eat, but it also provides us with a variety of nutrients we need to keep our bodies healthy!

What fruits and veggies do you like to eat that help you "eat the rainbow"?



This **RED** food contains *Vitamin C* which helps to support your immune system!

Can you name it?

What other **RED fruits/veggies do you enjoy?**



This **ORANGE** vegetable contains *Vitamin A* which helps to keep your eyes and skin healthy!

Can you name it?

What other **ORANGE fruits/veggies do you enjoy?**



This **YELLOW** fruit contains *Potassium* which helps your heart and muscles to function properly!

Can you name it?

What **YELLOW** fruits/veggies do you enjoy?



This **GREEN** vegetable contains *Iron* which helps move oxygen from your lungs to your muscles!

Can you name it?

What other **GREEN** fruits/veggies do you enjoy?



This **BLUE** fruit contains *Antioxidants* which helps keep your body healthy as you grow!

Can you name it?

What other **BLUE** fruits/veggies do you enjoy?



This **PURPLE** vegetable contains *Vitamin K* which helps your wounds heal!

Can you name it?

What other **PURPLE** fruits/veggies do you enjoy?
