

Eat a RAINBOW Challenge

Search the produce section to find fruits and vegetables that are the following colors:

Enjoy **RED** : _____ to promote heart health, increase memory function.

Enjoy **ORANGE** / **YELLOW** : _____ to help vision, strengthen immune system.

Enjoy **GREEN** : _____ to strengthen bones and teeth, help vision, and keep the digestive system healthy.

Enjoy **BLUE** / **PURPLE** : _____ to promote healthy aging, increase memory function.

Enjoy **BROWN** / **WHITE** / **TAN** : _____ to promote heart health, strengthen immune system.

1. How many colors could you fit into a sandwich?

2. What veggies could you enjoy on a pizza?

3. What is one fruit or vegetable that you have not tried but would be willing to?

