

Activity / Experiment: Eating the Rainbow

Eating fruits and vegetables can provide you with many vitamins, minerals, and nutrients that can help you live a healthy, active lifestyle.

How many colors of the rainbow can you eat on any given day?
Remember, only colors from fruits and vegetables count!

Materials Needed:

- Writing implement (i.e. pen, pencil, crayon, marker)
- Printed Rainbow Chart or blank piece of paper
- Fruits & Vegetables already have in the house

Instructions:

1. Print out the blank Rainbow Chart below (instead of printing, you can also draw the chart on a blank piece of paper).
2. Use a magnet to keep it on your refrigerator or put it somewhere close to where you eat most of your meals.
3. When you eat a fruit or vegetable of a specific color, write down the name of the food in the appropriate day's box.
4. At the end of each day, tally how many colors you ate.
5. Repeat each week to see if you can eat even more colors!

Eating the Rainbow

	Red	Orange	Yellow	Green	Blue/ Purple	White	TOTAL
	Heart, urinary, & eye health	Healthy skin, eyes, immune system	Eyesight, healthy skin, immune function	Eye health, reduces risk for some cancers	Immune, bone, brain, and urinary health	Immune, lymph, and heart health	
Sun							
Mon							
Tues							
Weds							
Thurs							
Fri							
Sat							