

eat the rainbow

Your school serves colorful foods every day for breakfast and lunch. Eating fruits and vegetables of different colors—at school and at home—is a great way to get a variety of nutrients in your diet and benefit various areas of your health. Use this chart to see if you can eat the rainbow every day this week!

	red watermelon, tomatoes, strawberries	orange mangoes, sweet potatoes, carrots	yellow corn, squash, lemons	green broccoli, avocado, kiwi	blue blueberries, blue corn	purple plums, grapes, eggplant, cabbage
monday						
tuesday						
wednesday						
thursday						
friday						

Adapted from University of Arkansas Nutrition and health student work submitted as part of the Culinary Nutrition course, Fall 2021.

