



Put a Rainbow on Your Plate



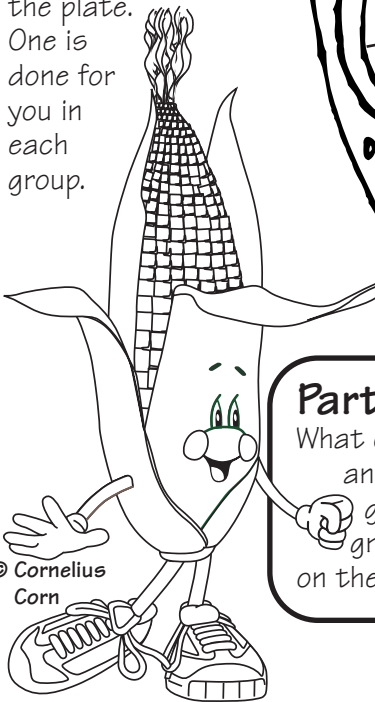
Eat Your Colors Every Day
To Stay Healthy & Fit

Part 1

You should eat a plateful of color every day! That's what scientists say. Eating a variety of colorful fruits and vegetables every day helps you stay healthy.

You can remember to eat your colors by putting fruits and vegetables into five color groups. Color the fruits and vegetables in the circles. Then cut them out and paste them in the right color group on the plate.

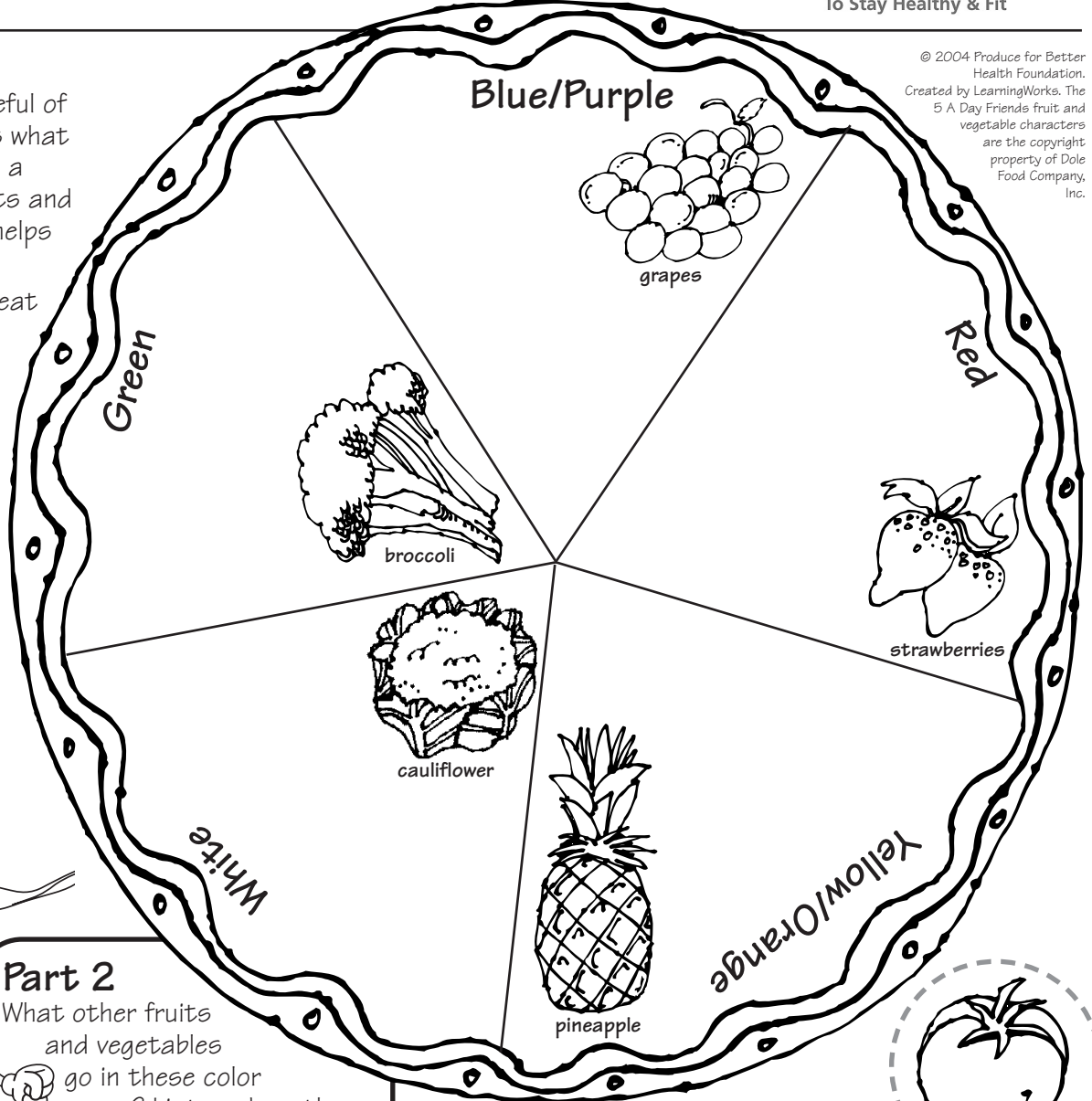
One is done for you in each group.



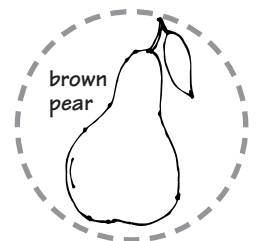
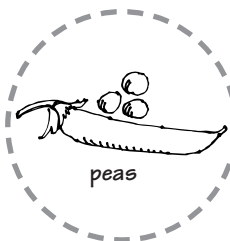
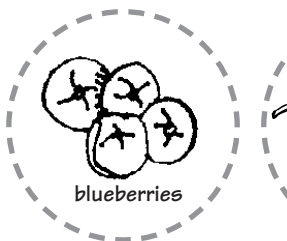
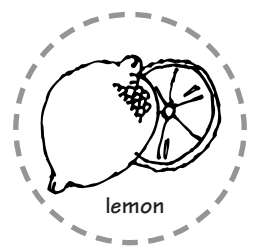
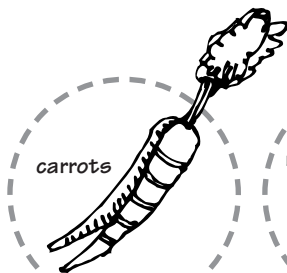
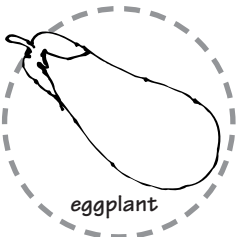
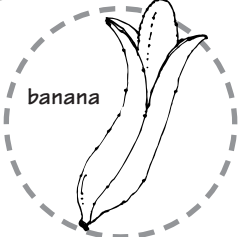
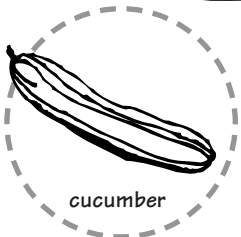
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Part 2

What other fruits and vegetables go in these color groups? List or draw them on the back of this paper.



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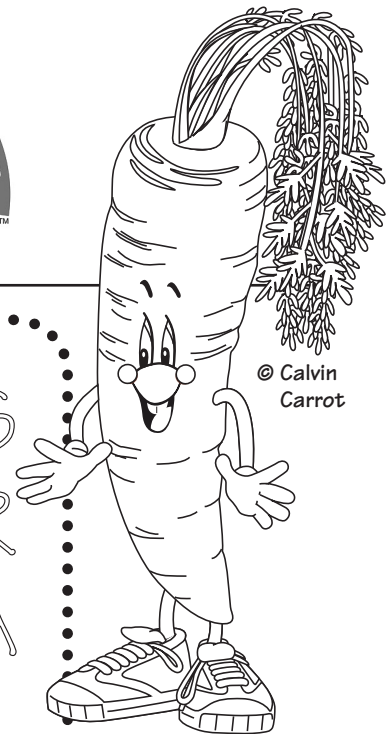
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Rainbow Shopping



Eat Your Colors Every Day
To Stay Healthy & Fit



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Part 1

You can find lots of colorful fruits and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle.

Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

A P R I C O T S
P S C I T P O R
P B B A N A N A
L C A R R O T I
E X L N P E A S
S P I N A C H I
N Z Y A C O R N
P O T A T O E S

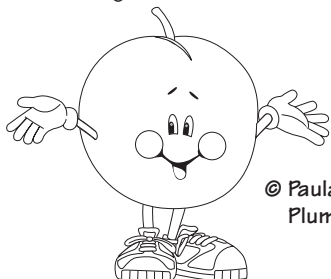
Fruits and
Vegetables
To Find:

- APPLES
- APRICOTS
- BANANA
- CARROT
- PEAS
- SPINACH
- POTATOES
- RAISINS
- CORN

Part 2

You can buy many fruits and vegetables in different forms. They come fresh, frozen, as juices, canned and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruits and vegetables listed.

	Fresh	Juice	Frozen	Canned	Dried
Pineapple					
Grapes					
Peas					
Corn					
Plums					
Potatoes					



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Colorful Eating

Part 1

You should eat at least five servings of fruits and vegetables every day.

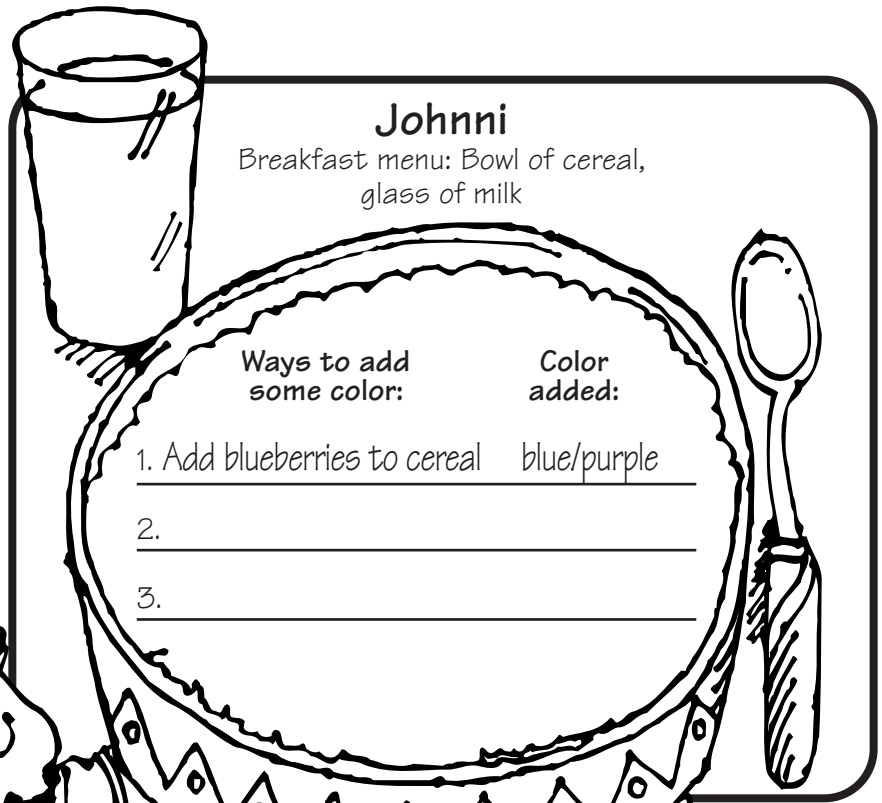
A serving can be:

- a piece of fresh fruit like a banana or orange
- 1/2 cup cooked vegetables or raw vegetables
- a 6 oz. glass (3/4 cup) of 100% fruit or vegetable juice
- 1/2 cup canned or frozen fruits (in 100% juice)
- 1 cup raw leafy vegetables like lettuce
- 1/4 cup dried fruit like a mini-box of raisins
- 1/2 cup legumes like beans or peas

The servings should also come from the five color groups. Check out the meal that Johnni is eating and show how he can add color to it. One idea is done for you. Then add color to Shawna's meal.

Part 2

On the back of this paper create a meal or snack for yourself. Be sure to have color on your plate.



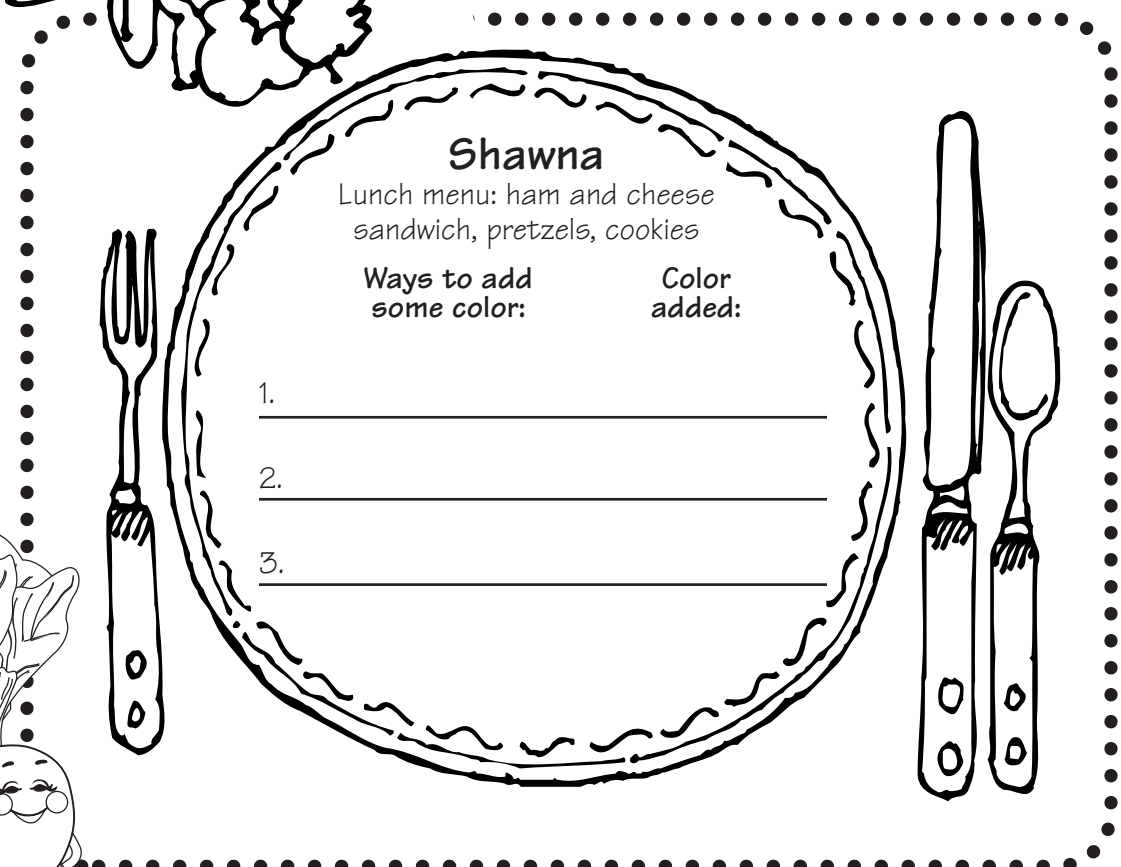
Johnni

Breakfast menu: Bowl of cereal, glass of milk

Ways to add some color:

Color added:

1. Add blueberries to cereal blue/purple
2. _____
3. _____



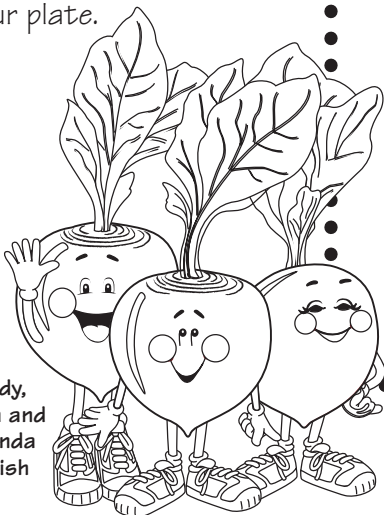
Shawna

Lunch menu: ham and cheese sandwich, pretzels, cookies

Ways to add some color:

Color added:

1. _____
2. _____
3. _____



Is There a Rainbow on Your Plate?



Part 1 How many servings of fruits and vegetables do you eat every day? Are you eating ones from all five color groups? Find out by keeping track of what you eat. In the chart here, color a block each time you eat a serving of fruits or vegetables. Be sure to color the block the same color as the group the fruit or vegetable belongs in.

Five Color Groups	Servings of Fruits and Vegetables I Eat						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blue/Purple							
Green							
White							
Yellow/Orange							
Red							
TOTAL SERVINGS TODAY							

Part 2 Check your chart. How did you do on servings? Are you including all five color groups? If yes, great! If no, find ways to add more servings and put a rainbow of color on your plate every day.



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