Today I Ate a Rainbow: Family Activities for Healthy Eating and Being Active

Materials and Ingredients

- ✓ Available different colored fruit & veggies (fresh, frozen or canned)
  Example:
  Fruit: pineapple, mandarin oranges, red apples, blueberries
  Veggies: tomatoes, yellow bell peppers, lettuce, carrots
- ✓ Paper, markers, glue & scissors

Getting Ready

- ✓ Plan for eating salad during lunch or dinner
- ✓ Choose a colorful mix of fruits and veggies to make a rainbow salad (*See included Rainbow Salad Recipe)*
- ✓ Have ingredients ready for making salad with kids

Family Fun Activity

- ✓ **Get Moving!** Start off with a short brain boost *(see next page)*
- ✓ **Watch & Learn!** Check out these videos about eating a variety of fruits and veggies.
  - **Eating the Colors of a Rainbow**: https://www.youtube.com/watch?v=Pf0-bqMo9UU
  - *(search on youtube.com for "Colors of the Rainbow (I can eat a rainbow"*
  - **Fit Kids Eat a Rainbow**: https://www.youtube.com/watch?v=aEJ9-euobt0
  - *(search for "Fit Kids Eat a Rainbow")*
- ✓ **Discuss**! Why is it important to eat colorful fruits & vegetables every day? What are your favorite fruits & vegetables?
- ✓ **Create!** Draw colorful fruits & veggies, cut them out & glue them to paper to make a fruit & veggie rainbow. Optional: use attached food pictures

Eat Healthy Together

- ✓ Start by washing your hands with soap & warm water.
- ✓ Have kids help make rainbow salad
  - Wash fruits & veggies
  - Help cut up fruits & veggies
  - Mix in salad dressing
  - Make a rainbow sign for the salad listing the ingredients
- ✓ Enjoy your rainbow salad with lunch or dinner!
- ✓ ***Eat Colorful fruits & vegetables every day to grow strong!***

When kids help in the kitchen – washing, chopping, mixing- they are more likely to eat what they helped prepare.

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Let's Wake Up Our Brains! Brain Boost Exercise!

<u>Can you move with me? Shout out a color and get moving!</u>

<u>Repeat to get your heart rate up.</u>

- ♥ Red-Run a race (20 seconds)
- ♥ Orange- Jump in place (10 times)
- ♥ Yellow- Touch the ground (10 times)
- ♥ Green- Hop up and down (10 times)
- ♥ Blue-Reach up high (10 times)
- ♥ Purple-Flap your wings and fly (20 times)

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Rainbow Salad

Makes: 8-10 servings
Total Cost: $7.10
Serving Cost: $0.89

Ingredients


1 red apple (red)


1 bag of shredded carrots (orange)


1 bell pepper (yellow)


1 bag of pre-washed lettuce (green)


1 pint of blueberries (blue/purple)


slice of lime

Nutrition Facts

Serving Size 1 cup (139g)
Servings Per Container 8

Amount Per Serving

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Sugars 13g	
Protein 1g	

Vitamin A 130% • Vitamin C 45%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Wash and cut up colorful fruits and vegetables.
2. Arrange the different fruits and vegetables on your plate to make a rainbow.
3. Squeeze lime on top.
4. Eat and enjoy this healthy rainbow treat!

You have the power, choose to be healthy!

Eat colorful fruits and vegetables every day!

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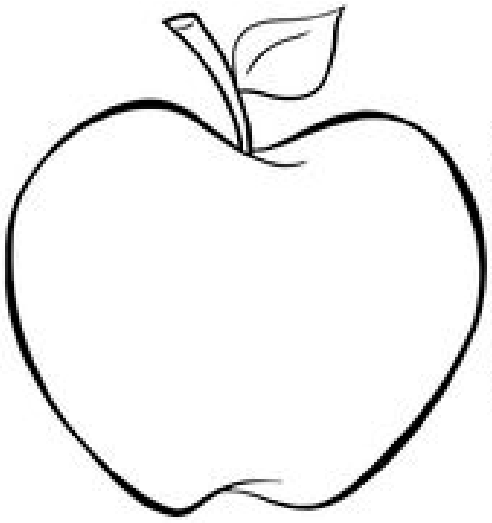
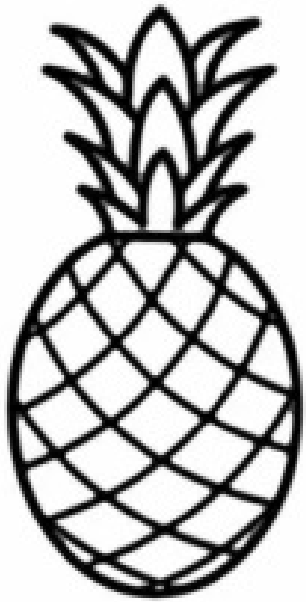
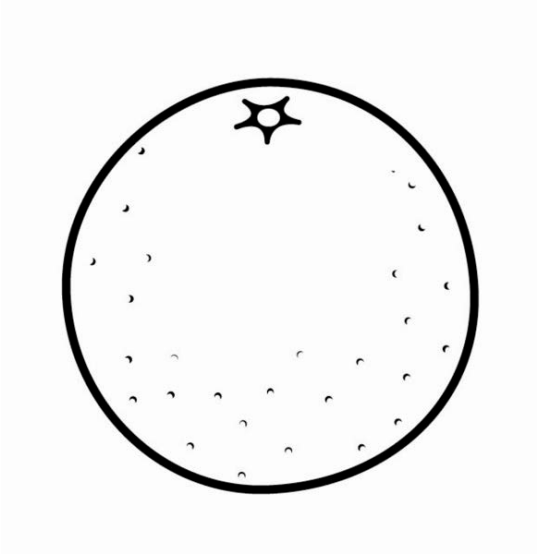
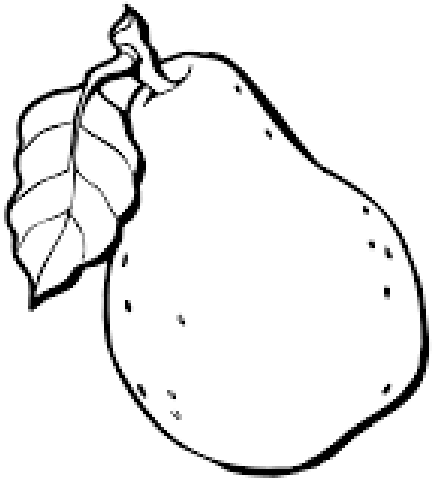
Fruit Pictures for Colors of Health Poster

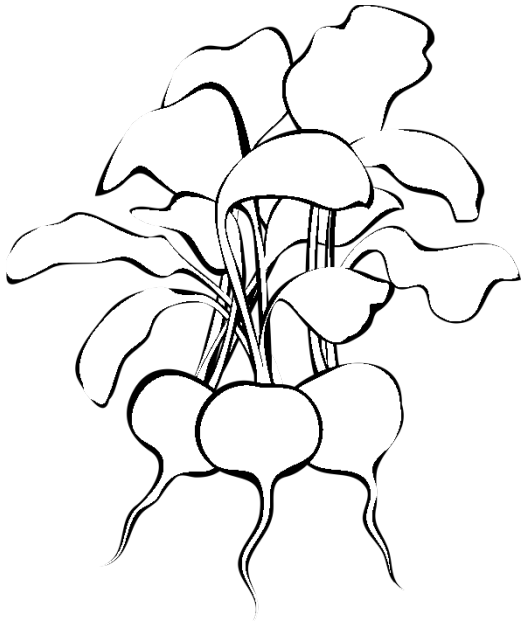


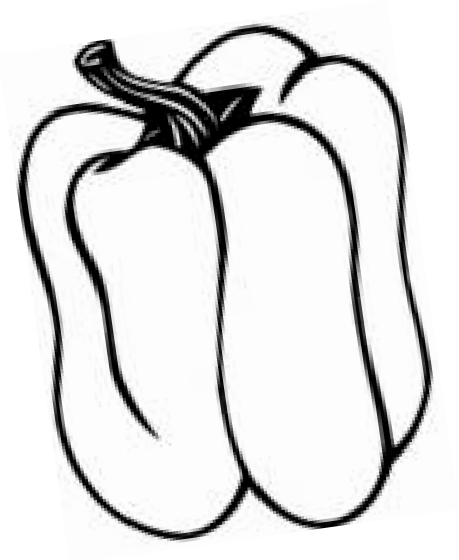






Vegetable Pictures for Colors of Health Poster





Fruits and Vegetables by Color Category

Blue/Purple	Green	Yellow	Orange	Red
Vegetables Eggplant Beets Purple Potato Purple Cabbage **Fruit** Blackberries Blueberries Purple Grapes Plums Raisins	**Vegetables** Green Beans Broccoli Cabbage Celery Cucumbers Snap Peas Snow Peas Lettuce Peas Spinach Zucchini Avocado **Fruit** Green Apples Green Grapes Kiwifruit Limes Pears	**Vegetables** Yellow Pepper Yellow Squash Corn **Fruit** Yellow Apple lemon Banana Pineapple	**Vegetables** Carrots Sweet Potatoes Pumpkin **Fruit** Cantaloupe Grapefruit Clementines Mangoes Oranges Peaches	**Vegetables** Red Onions Red Peppers Red Potatoes Radishes Tomatoes **Fruit** Red Apples Cherries Cranberries Raspberries Strawberries Watermelon