

Eat a Rainbow!

After you eat a fruit or veggie, color in the matching space on the day of the week.

Write your name and age here!

Green

broccoli, lettuce,
spinach, peas,

Yellow

banana, corn, kale,
squash, grapefruit,
pineapple

Orange

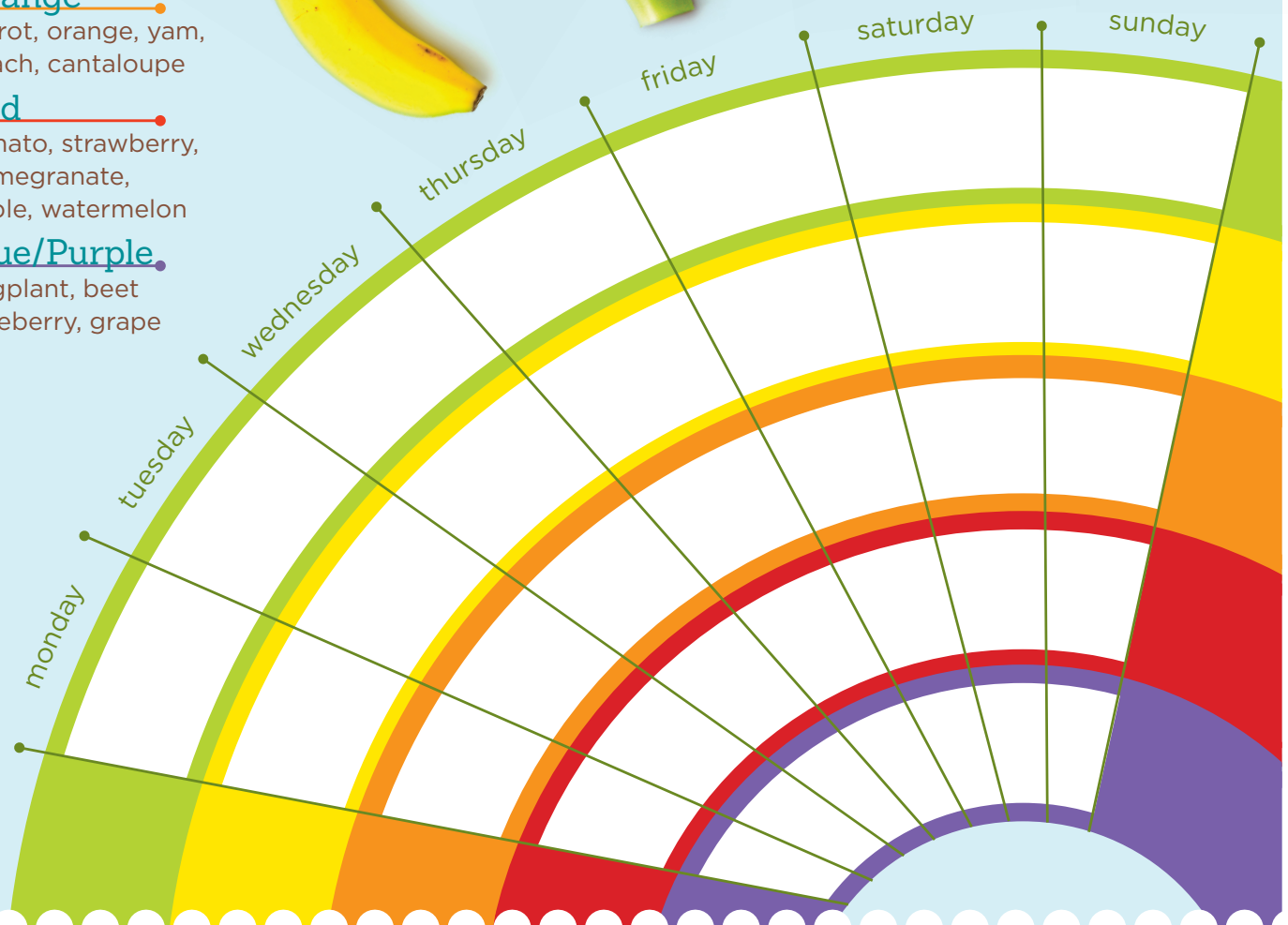
carrot, orange, yam,
peach, cantaloupe

Red

tomato, strawberry,
pomegranate,
apple, watermelon

Blue/Purple

eggplant, beet
blueberry, grape



Share your rainbow with us!

