

Eat a Rainbow of Colors

Today we matched colors of fruits and vegetables with the colors of the rainbow.

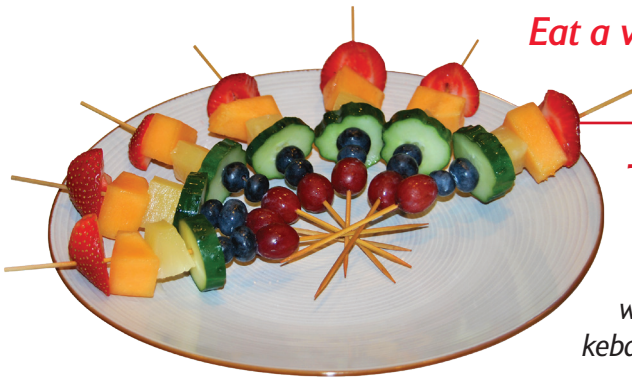
Every fruit and vegetable has different vitamins, minerals, and nutrients.

We should eat a variety of fruits and vegetables every day for the greatest health benefit.



Red	Tomato, Strawberry, Apple
Orange	Sweet Potato, Bell Pepper
Yellow	Banana, Pineapple, Squash
Green	Broccoli, Green Bean, Pear
Blue	Blueberry
Purple	Eggplant, Grape, Plum

Eat a variety of colorful fruits and vegetables.



Today's Taste Test: Fresh Fruit Rainbow Sticks

Your child tasted a rainbow of fruits in the Eat a Rainbow of Colors session. Ask your child which fruits were their favorite. Try different fruits to make your own kebab at home. See instructions below.

INGREDIENTS:

Strawberries, cantaloupe, kiwis OR any fruit of choice
Plastic or wooden coffee straws or stirrers

INSTRUCTIONS:

1. Choose a variety of fruit by color.
2. Dice fruit into small pieces.
3. Have children thread the fruit onto the coffee straws.
4. Have children experiment with different combinations.

FAMILY FUN: Ways to vary your vegetables and to focus on fruits

- Try to eat a different color fruit and vegetable at each meal.
- Take fresh fruit or a crunchy vegetable for a snack.
- Add fruit to yogurt or cottage cheese.
- Make tuna or chicken salad with grapes, pineapple, or grated apples. Throw in chopped onions or celery too.
- Wash and cut up fruits or vegetables and put in plastic baggies to enjoy later, when time is limited.

CREATIVE COOKING IDEAS

Fruit Smoothies

- Add 1/2 cup of spinach or 1/2 cup of sweet potato to your smoothie.
- Smoothies can be made ahead of time and frozen in mini paper cups. Add a popsicle stick for a healthy popsicle.
- These are great for breakfast, snack, or a dessert.

FRUIT SMOOTHIES

Makes 2 servings

Serving Size: 1 cup

Ingredients:

- 1/2 cup fruit
Try strawberries, blueberries, peaches, or bananas.
- 1 cup base
Try low-fat plain yogurt, low-fat plain Greek yogurt, frozen fruit, frozen juice concentrate, or ice cubes.
- 1/2 cup liquid
Try low-fat or fat-free milk, 100% fruit juice, or calcium-fortified soy milk.
- Ice if using fresh fruit

Example:

- 1/2 cup strawberries
- 1/2 cup fat-free milk
- 1 cup low-fat yogurt
- 1/2 cup ice

Instructions:

1. Put all ingredients into blender and mix until smooth.
2. Serve immediately.

Nutrition Info (for example):

Calories 140	Fiber <1g
Fat 2g	Sodium 115mg
Carbohydrate 23g	Protein 8g

KIDS IN THE KITCHEN

Fruit Smoothies

Kids can assist with measuring the ingredients and putting them into the blender.



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