I tasted the RAINBOW!

THIS WEEK, I ATE A FRUIT OR A VEGETABLE THAT WAS:

- Red
- Orange
- Yellow
- Green
- Blue

DID YOU KNOW?
Eating different colors helps your body and your brain!
Red, blue, and purple fruits and veggies can boost your memory.
Green ones give you strong bones and teeth.
Orange and yellow ones keep your eyes sharp and help you fight off colds!