

COOKING MATTERS PRESENTS

**COOKING MATTERS**

# Make Your Plate a Rainbow

## Go crazy for colors!

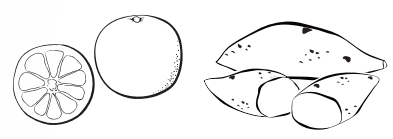
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

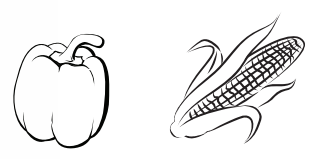
[Red]



[Orange]



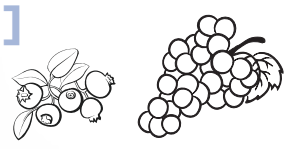
[Yellow]



[Green]



[Blue or Purple]



Circle the fruits and vegetables you ate yesterday. How many colors did you eat?

.....  
Draw a box around the fruits and vegetables you would like to eat today. Try to pick at least 3 colors!

### DID YOU KNOW?

Your school serves colorful fruits and veggies every day at lunch! Draw a star next to the ones you see in the lunch line this week.

### 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!

**TIP:** The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you've never seen or tasted before. Ask if you can try it together at home.

# Fruits and veggies make great snacks or desserts!

Work with a friend or family member to make these colorful fruit and veggie treats after school or on the weekend.

## Fruit Salad

- ★ Wash and peel a variety of colorful fruits.
- ★ Cut fruits into bite-size pieces. Combine in a large bowl.
- ★ Cut a lime in half. Squeeze the juice over the fruit.
- ★ Drizzle a Tablespoon of honey if you like.
- ★ Stir ingredients to combine and enjoy!



## Veggies with Dip

- ★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
- ★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ⅛ teaspoon salt, and ⅛ teaspoon pepper.
- ★ Dip the veggies and enjoy!

## Fruit and Cheese Kabobs

- ★ Cut block cheese into small cubes.
- ★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- ★ Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.



**DID YOU KNOW?**  
Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

# Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B \_ \_ \_ C \_ L \_

K \_ W \_

\_ P \_ \_ \_ C H

Guess these **ORANGE** fruits and veggies.

\_ \_ \_ R \_ T

\_ A N G \_ R \_ \_ \_

\_ W \_ \_ T P \_ \_ \_ \_ O

Guess these **RED** fruits and veggies.

B \_ \_ \_

W A T \_ \_ M \_ \_ \_ N

R A \_ \_ \_ H

Guess these **YELLOW** fruits and veggies.

C \_ \_ N

P \_ \_ \_ A P P \_ \_

\_ Q U \_ \_ \_

## Word bank

Squash	Spinach
Sweet potato	Carrot
Kiwi	Pineapple
Beet	Radish
Broccoli	Corn
Tangerine	Watermelon