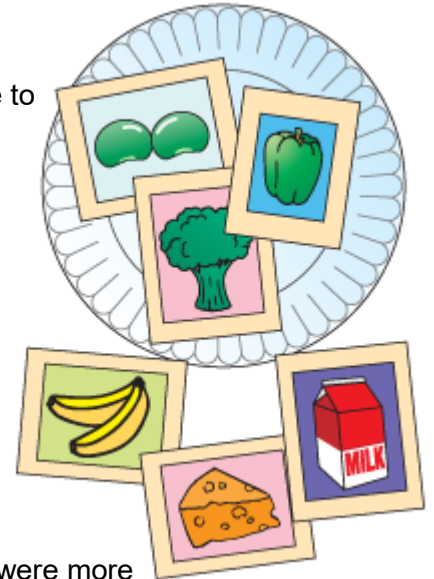


## Rainbow of Foods

Eating a rainbow of foods is nutritious, so give youngsters a chance to plan pretend meals with this colorful activity!

- In advance, cut out magazine pictures of healthy foods in a variety of colors, such as red strawberries, white milk, orange cheese, yellow bananas, green broccoli, brown rice, purple eggplant, and so forth.
- Find several pictures of foods in each color.
- Mount each picture onto a tagboard card and laminate the pictures for durability, if desired.
- Gather students; then arrange three or four foods of the same color on a large paper plate.
- Have students look at the plate and decide whether the foods make a healthy meal.
- Lead students to conclude that the meal would be better if there were more colors on the plate. Then have a volunteer choose foods that would make a healthier meal.
- Encourage each child to take a turn planning a nutritious, colorful meal using the foods provided.



### Fun-With-Foods Books

**Type:** center/center mat  
**Skill:** nutrition

Create a motivating reading center with a collection of books, a toy grocery cart, a colorful shopping bag, and a chalkboard slate. Write "Today's Special" on the slate and place the book of your choice in the bag. At storytime, take that day's book out of the bag to share with your youngsters. After you read the book, store it in the shopping cart for youngsters to enjoy during their free time.

### Strawberries, Bananas, Watermelon Too!

**Type:** song/poem/rhyme

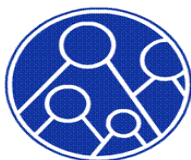
Use this catchy tune to supplement your nutrition studies, or for some plain ol' springtime fun.

*(sung to the tune of  
"Twinkle, Twinkle, Little Star")*

Strawberries, bananas, watermelon too;  
Good for me and good for you!  
They are tasty; they are sweet.  
All are such a yummy treat.  
Strawberries, bananas, watermelon too;  
Good for me and good for you!



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