

Eat a Rainbow

Show your kids how delicious—and fun—fruits and vegetables can be! From fruity “jigsaw puzzles” to vegetable art, this page will spark your child’s interest in eating her greens...and reds...and yellows. And every time she eats a fruit or veggie, she can color part of the rainbow on the back. Now, who’s ready to get started?



Snack-time activities

Turn your youngster’s next snack into a produce-filled adventure. Here’s how.

3-D fruit puzzles

Can your child solve a watermelon jigsaw puzzle? Cut a firm fruit like melon, pineapple, pear, or apple into “puzzle pieces.” After your youngster reassembles the fruit, she gets to eat it. Next, she could make a fruit puzzle for you to solve.



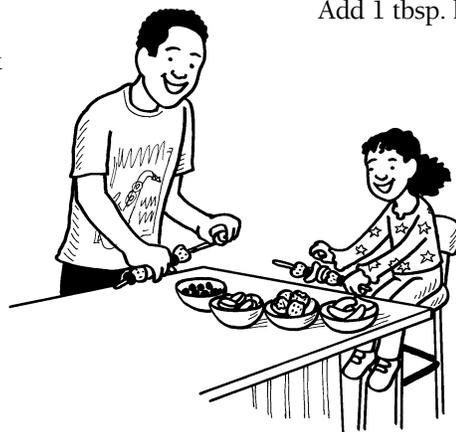
his “paints” might include guacamole, edamame hummus, or beet dip. Have him take a photo to save his picture. Now, he can dip the paintbrushes into his artwork and enjoy a veggie-and-dip snack.

Fruity patterns

Encourage your child to enjoy fruit and practice math at the same time. Using colorful fruit like blueberries, strawberries, sliced bananas, and cut-up peaches, make patterns on skewers to solve and eat. You might start a pattern like blueberry, blueberry, peach, blueberry, blueberry, _____. Then, she has to figure out the next fruit to add (peach). Ask her to make a pattern for you to finish, too.

Veggie painting

Let your youngster create a masterpiece by “painting” with a variety of vegetables and dips. He could use celery stalks, asparagus spears, or jicama sticks as “paintbrushes.” And



A tasty ad campaign

Suggest that your youngster create posters to promote fruits and vegetables he enjoys. He might cut out pictures of the produce from magazines or grocery circulars and glue them on paper. Then, he could write slogans (“Guava is cooler than lava!”) and draw and label snacks that include the item (tropical fruit salad, guava parfait). Help him unveil his ad campaign with a tasting event for friends or family.

Side dishes

Include more fruits and vegetables at mealtime with these ideas.

Replace grains with veggies

Finely sliced or shredded vegetables can stand in for pasta or rice. Serve your family’s favorite spaghetti sauce over zucchini “noodles.” Or grate carrots to make a bed of “rice” for a chicken and vegetable stir-fry.

Serve fruit salsa

Add flavor to tacos, grilled fish, and salads with this easy salsa recipe. Peel and dice 1 mango and $\frac{1}{2}$ cucumber. Toss with 1 tbsp. each chopped jalapeno, red onion, and cilantro. Add 1 tbsp. lime juice. *Tip:* Let your child help you experiment with different fruit salsas, such as apple, strawberry, peach, or pineapple.

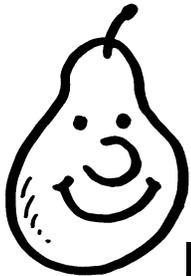
Roast vegetables

Cooking vegetables at high temperatures brings out their natural sweetness. Cut 1 lb. broccoli, yellow squash, potatoes, or eggplant into small pieces. Place in a large plastic bag, and add 1 tbsp. olive oil. Your youngster can shake it vigorously, then spread the veggies in a single layer on a cookie sheet. Roast at 425° for 10 minutes.

continued

Color me healthy

Fruits and vegetables come in every color of the rainbow. As your youngster eats each one, he can color in one section of the rainbow's matching stripe.



ORANGE	
Cantaloupe	Pumpkin
Peach	Papaya
Nectarine	Apricot
Sweet potato	Carrot
Butternut squash	

YELLOW	
Mango	Pear
Pineapple	Star fruit
Grapefruit	Quince
Yellow squash	Corn

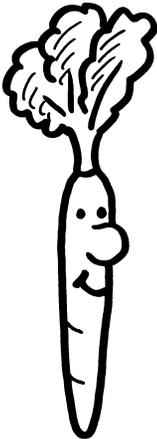
GREEN	
Broccoli	Zucchini
Arugula	Kale
Kiwi	Artichoke
Peas	Okra
Avocado	Spinach

BLUE	
Blueberry	Concord grapes
Blackberry	Elderberry

PURPLE	
Plum	Beet
Eggplant	Fig
Radicchio	Purple cabbage
Boysenberry	

RED	
Tomato	Guava
Strawberry	Radish
Cherry	Pomegranate
Watermelon	Apple

WHITE	
Cauliflower	Hearts of palm
Jicama	Kohlrabi
Coconut	Parsnip
Onion	Turnip



Tip: Many fruits and veggies, such as apples, carrots, and chard, are available in more than one color. Potatoes may be red, yellow, or even blue, for example. Your child will think it's fun to eat more than one variety in the same meal!

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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