

Nutrition Education from the Salmon Center

Eat the Rainbow

Ages 6+



Image credit: KidsGardening

Plants produce phytonutrients to protect them from disease, pests, and too much sun. These phytonutrients are linked to the different pigments that color plants. Because of this, we associate certain colors in our fruits and vegetables with health benefits. When we eat a plant, we get to use its phytonutrients! It's important to eat lots of colors so that we can provide our bodies with nutrients that will support us in different ways.

Materials:

- 1 red fruit/vegetable
- 1 orange fruit/vegetable
- 1 yellow fruit/vegetable
- 1 green fruit/vegetable
- 1 blue or purple fruit/vegetable
- 1 white fruit/vegetable
- parent/older sibling to help cut

Instructions:

1. Prepare the fruits/vegetables by washing and cutting as needed (with help from a parent or older sibling)
2. Arrange the fruits/vegetables in a rainbow
3. Compare each color of food to the chart below. What does it provide your body? What are some other foods of that color that you'd like to try sometime, or that you already eat regularly? Is there any color of food you've never had before?
4. Eat your rainbow!

Red	Orange	Yellow	Green	Blue/ Purple	White
Heart, blood, and joint health	Supports collagen growth (hair and fingernails)	Supports vision, heart, digestion, and immune system	Eliminates toxins, fights cell break down, supports lungs, and boosts immune system	Helps absorb minerals from other foods; fights cell break down; helps your brain process information	Activates killer cells that protect your body; bone health