

Colorful Plates

Eat a Tasty *Rainbow* of Fruits and Vegetables Every Day

JOKES OF THE DAY

What is the giraffe's favorite way to move and play?

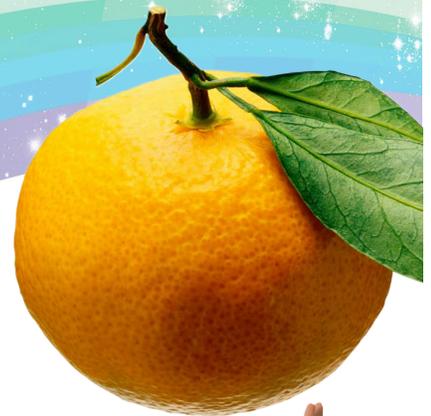
ANSWER: Stretching!

Can you STREEEEEEETCH like a giraffe? Use your arms to reach up high. Now stretch to reach even higher! Pretend you're a giraffe trying to reach the leaves on the top of a very tall tree. Now bend all the way down low and pick the leaves up off the ground.

What did the banana say to the orange after a walk in the park?

ANSWER: Orange you feeling great?

Go for a fun walk in the park and then snack on a juicy orange. **Orange** you excited for this fun activity?



Follow the Rainbow

Think about the colors of your favorite fruits and vegetables.
Do you like red apples or green cucumbers? For each color of the rainbow,
draw a picture of your favorite fruit or vegetable.

RED

ORANGE or **YELLOW**

GREEN

BLUE or **PURPLE**

WHITE



Talk to your family about the fruits and vegetables they like to eat.
Remember to eat lots of different color fruits and vegetables every day.



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