



HEALTHY KIDS CORNER

Eat the Rainbow!

Which color do you eat the most? Eating a variety of fruits and vegetables helps your body stay healthy.

Try it!

GREEN foods keep your eyes, bones, & teeth strong. Write down any green foods you eat this week:

Find it!

RED foods keep your heart healthy. What red foods did you see at the farmers market?

Try it!

YELLOW & ORANGE foods keep you from catching colds. Write down any yellow & orange foods you eat this week:

Think about it!

BLUE & PURPLE foods help your memory. How many can you name?

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED

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