

# Let's Eat a Rainbow!



# Today's Lesson



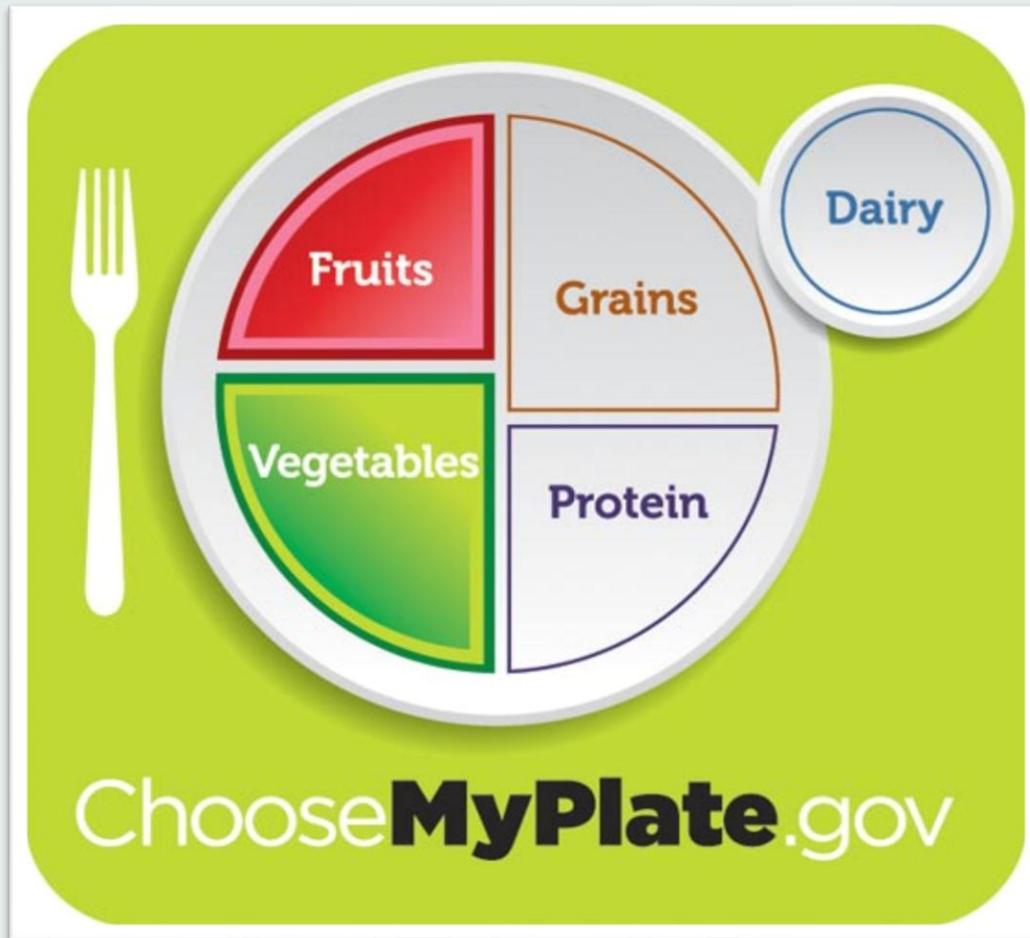
Fruits and Vegetables

- ✓ Why Eat a Rainbow?
- ✓ How do they grow?

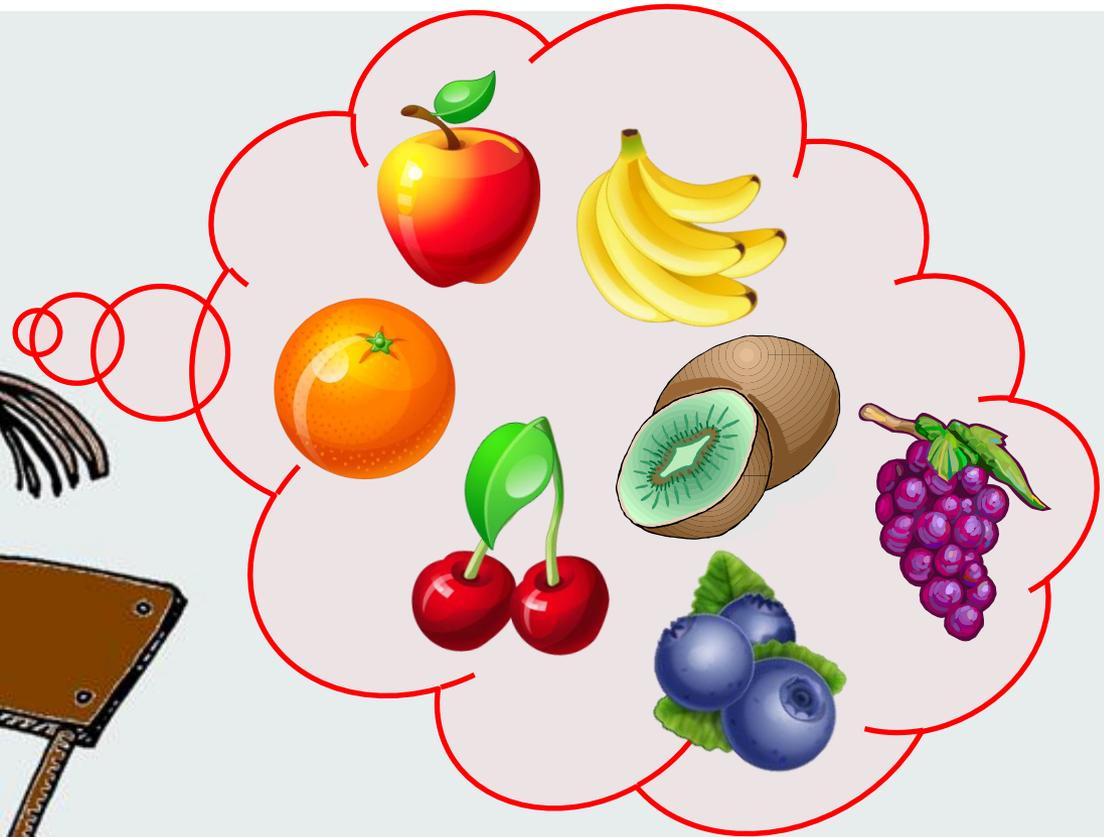
# Eat a Rainbow !



# MyPlate



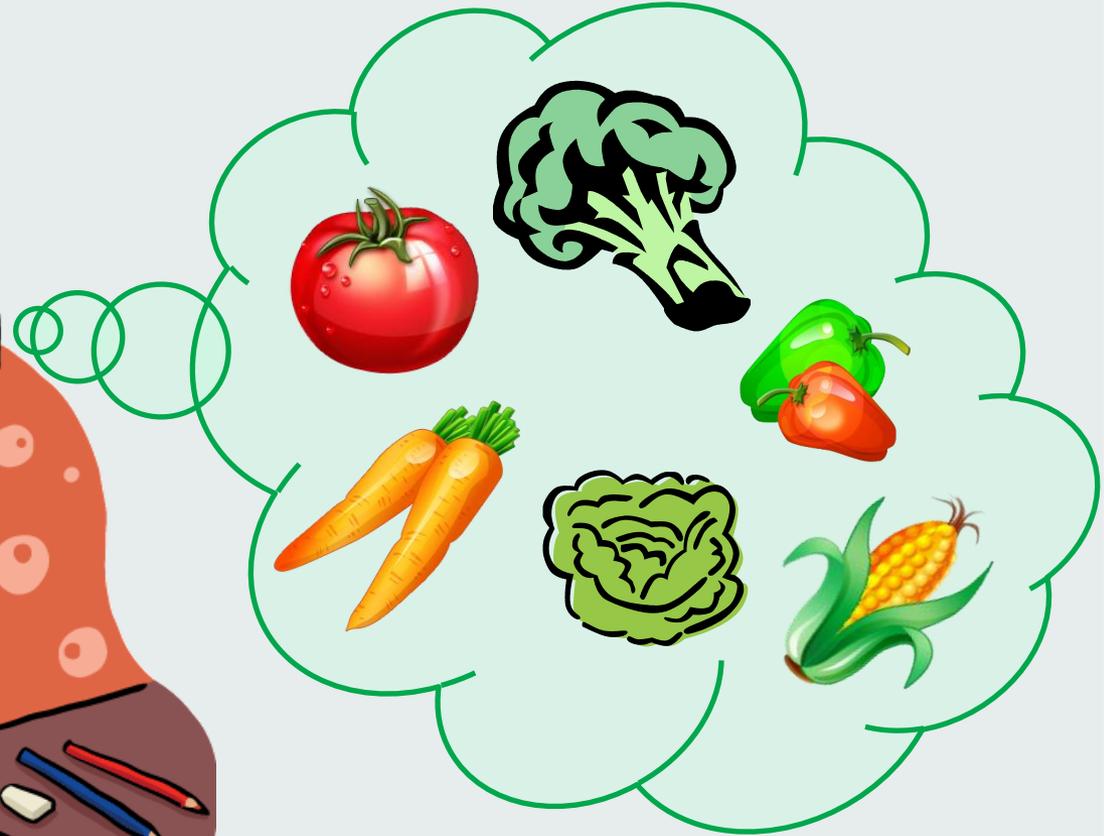
# Name Some Fruits



# Favorite Fruits?



# Name Some Veggies



# Favorite Veggies?



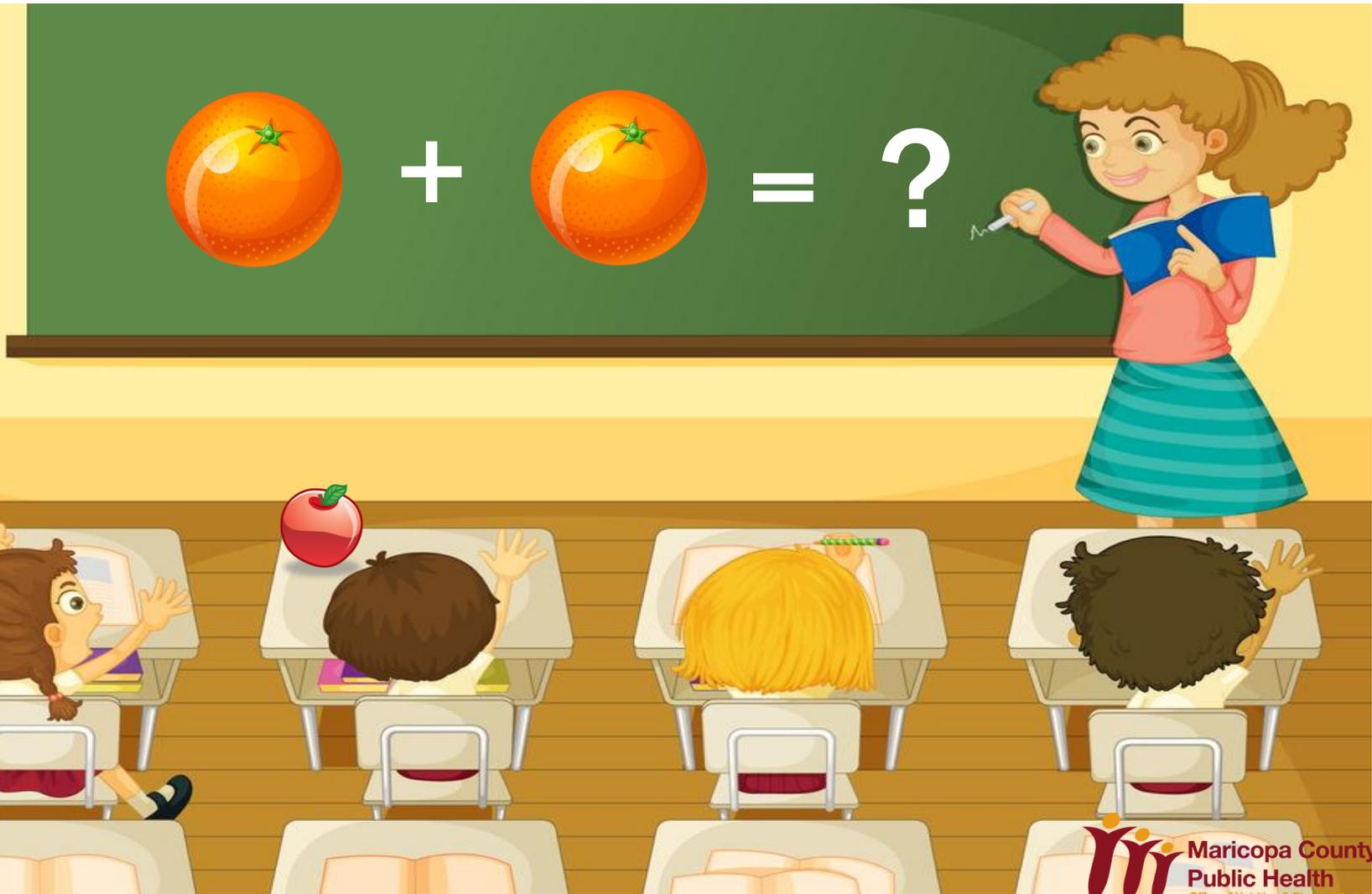
# Draw Your Favorite



# Why Eat a Rainbow?



# Helps Us Do Better in School



# Gives Us Energy to Play



# Keeps Us from Getting Sick



# Keeps Our Eyes Healthy



# Keeps Our Insides Clean

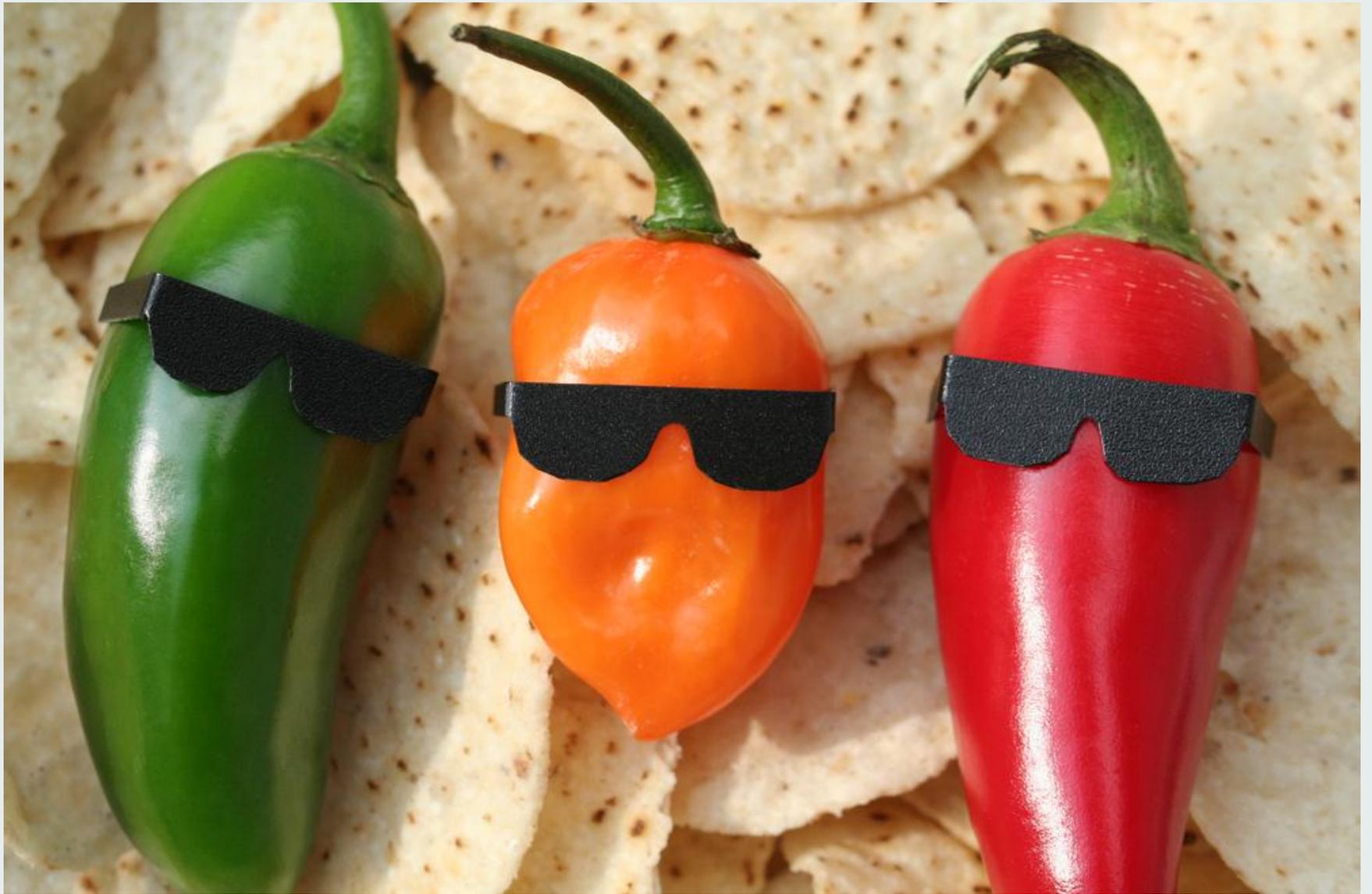


# Good for the Heart



**Being  
Healthy  
is Cool!**







# A Rainbow of Colors



# Red

# Orange



# Yellow

# Green



# Blue



# Purple



# White

PEAR

WATERMELON

APPLE

ORANGE

LEMON



So from where do  
fruits and veggies come?



**On Trees**



**Under the Ground**



**On Stalks**



**On Top of the Ground**



**On Bushes**



**On Vines**



I can't wait  
to eat a rainbow!



 Maricopa County  
Public Health  
Office of Nutrition & Physical Activity

