

HOW TO TALK THE RAINBOW ●

MAY NOT HELP

“Apples are good for you.”



“Carrots will turn you into a bunny.”



“This food will help you grow”



“Salad is healthy”



“Blueberries have antioxidants in them.”



MAY HELP MORE

“Red food gives you a strong heart.”

“Orange food helps you see in the dark.”

“Yellow food helps your body heal cuts.”

“Green food helps you fight off sickness.”

“Blue and purple foods give you a strong brain.”



EAT THE RAINBOW ●



“Red food gives you a strong heart.”



“Orange food helps you see in the dark.”



“Yellow food helps your body heal cuts.”



“Green food helps you fight off sickness.”



“Blue and purple foods give you a strong brain.”

