

WHAT IS YOUR FAVORITE COLOR?

Go to the grocery store with your parents and pick out fruits and veggies that are some of your favorite colors.

Help cook healthy meals, using your favorite fruits and vegetables.

Eat a RAINBOW everyday!



_____ 's Rainbow Chart

Name



	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Keep track how many colors of the rainbow you eat a day!

Brought to you by **UPMC Pinnacle**
Hanover

