



Rainbow Plate

Using toy fruits or vegetables, pictures of fruits or vegetables, or real fruits and veggies, encourage children to pick one for each color of the rainbow to fill their plate. Discuss how eating fruits and vegetables of different colors helps us grow to be healthy and strong.

More Support: Provide visuals of each color to help children match colors or focus on one color at a time. Allow children to freely explore fruits or vegetables and their colors.

Present All Foods as Attractive, Enjoyable Options

“You picked a crunchy carrot for your orange food, and (Child) picked a crisp orange pepper! There are so many delicious orange foods.”