

Eat Your Rainbow

Getting children to eat their fruits and vegetables can be a daunting task for parents. There certainly are enough foods that may be more appealing to them, such as cookies and potato chips. Obviously we want to care for children and provide the best for them. That is why it is **essential** that we continue to **introduce new fruits and vegetables every day** and help them to be part of our children's lifestyle.

Good health guidelines recommend that everyone- **children and parents-** **eat fruits and vegetables every day.** The compounds that fruit and vegetables have which are good for the body is also what give them their color. So when you and your child **eat many colors**, you're making sure you both get a variety of nutrients. The body stores some of these nutrients; you and your child need to eat foods that contain them every day to protect your health.

The simplest and most effective way to **encourage** and **teach children** to eat fruits and vegetables is to make it a game. **"The Rainbow Food Game" is fun and easy!** How to play:

1. **Draw a picture of a rainbow** with your child.
2. Use crayons or makers to draw your rainbow. **Include these colors** in your rainbow:
 - **Red**
 - **Orange**
 - **Yellow**
 - **Green**
 - **Blue**
 - **Purple**
3. **Bring the rainbow picture to the table** when your child eats.
4. Ask your child to look at their plate and see if they see a fruit. Ask them **what color is the fruit** and to put an X on the rainbow. They may need help with matching colors and drawing the X's.
5. Ask your child to look at their plate and see if they see a vegetable. Ask them **what color is the vegetable** and to put an X on the rainbow. They may need help with matching colors and drawing the X's.
6. The goal is to try to **eat a variety of fruit and vegetable colors every day!**
7. Put your child's rainbow picture in a safe, clean place. Take your child's picture to the table each time they eat.

Check out these great resources:

<http://www.feedourfamilies.com/>

<http://www.jamieoliver.com/us/foundation/jamies-food-revolution/blog>

<http://www.fit.webmd.com/jr/food/article/food-rainbow-activity>