



Catch a Rainbow

This is a fun way to set up snack time. It is also a natural way to talk about the concept of eating a balanced/rainbow color of foods.

Supplies Needed:

Fruit and vegetables of all different colors
(*grapes, peppers, strawberries, cucumbers, etc.*)

Plastic tub

Strainer

Step 1

Cut up fruit and vegetables of all different colors (grapes, peppers, strawberries, cucumbers, etc. which will not get mushy in water).

Step 2

Fill a container with water and put fruit and vegetables in it.

Step 3

Give the child a strainer and let them “catch a rainbow” to put on their plates for snack time.

Summary

They can eat as they go.

You can talk about the colors and how each food nourishes your body.

**Special thanks to Erica Dillow, Salesforce volunteer, for sharing this activity with us.*