Eat the Rainbow



Do you pick out your own foods?

Lexile Level: 220-500

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Introduction

There is a secret to keeping your body healthy. Do you know what it is?

You eat something from every colour of the rainbow.



Exercise is good for you.



These are all the colours in a rainbow.

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Red and Orange Foods

Do you like red foods? They keep you from getting unwell.

Orange foods taste good, too. These foods help you see.



He is probably making pizza.



Carrots grow underground.

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Yellow and Green Foods

There are many yellow foods. They are good for your skin.

Think about it: most vegetables are green. They keep our bones strong.



Lemonade is fun to make and drink.



Most salads have several greens in them.

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Blue and Purple Foods

There aren't many blue foods. But these are good for your heart.

There are even some purple foods. These are the healthiest of all!



Blueberries are good in pancakes or on their own.



Can you think of any other purple foods.

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Conclusion

Do you want a healthy body that looks good and feels good, too?

Then you know what to do. Eat something from every colour of the rainbow!



You only get one body so take care of it!



What colour will you eat next?

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