

Eat a Rainbow Nutrition Activity

Teach little ones about healthy eating with a fun and colourful craft! Children will create their own food rainbows and learn how each colour helps their bodies grow strong. It's a great way to show that fruits and veggies can be just as exciting as sweet treats!

What you need:

- Red, orange, yellow, green, blue and purple construction paper
- Glue sticks
- Child-friendly scissors
- Fruit and vegetable pictures in rainbow colours. You can print them from websites, cut them from magazines or flyers. Red and green will be easy to find, but blue and purple might be trickier! You can choose to give little ones the pictures ahead of time or depending on their abilities, let little one's help cut the pictures out.

What to do:

1. Cut a half-circle shape from red construction paper. (You may want to provide tracers to help your children with this. You can use card stock to make rainbow pieces to trace ahead of time.)
2. Cut consecutively smaller half-circles from each of the colours of construction paper. Lay them on top of one another so they create the appearance of a rainbow.
3. Glue the rainbow pieces together. Then, cut out and glue each fruit or vegetable image onto the matching colour of the rainbow. Spread the images out evenly over each colour
4. Once you have your rainbow assembled, you can discuss the benefits of each colour group. For example:
 - Red – Helps keep your heart strong and gives you energy! (Like apples and strawberries)
 - Green – Helps you grow big and strong and keeps your tummy happy. (Like broccoli and spinach)
 - Yellow – Helps your eyes see better and gives you a sunny mood! (Like bananas and corn)
 - Orange – Keeps your eyes sharp and helps you stay healthy. (Like carrots and oranges)
 - Blue & Purple – Help your brain stay smart and your body fight off germs! (Like blueberries and grapes)



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