



Wee Play & Learn



Wee Learners(4 - 5 years):
Eat a Rainbow

What You Need:

- Download Eat a Rainbow worksheet (source link below)
- Pencils, pens or markers



What To Do:

1. Visit your local Farmer's Market or grocery store with your child.
2. Let them explore all the different vegetables and fruits you see and smell at the market.
3. As you pick out some of the vegetables or fruits have them mark down on the sheet what they picked.
4. Take your purchase home and lay it out on the table and ask your child if they picked a rainbow of fruits and vegetables to try.
5. Sit down with them and have them try each item you brought home, and talk about it (how did it taste, what did it look like on the inside, what can you make from it, etc.)

If you have picky eaters, this activity will help them expand their pallet and try new things.

Source: <https://bit.ly/2KbOHEF>

