HOW TO TALK
@kids.eat.in.color

MAY NOT HELP

"Apples are good for you."

"Carrots will turn you into a bunny."

"This food will help you grow."

"Salad is healthy."

"Blueberries have antioxidants in them."

"White food isn't good for you."

MAY HELP A LOT

"Red food gives you a strong heart."

"Orange food helps you see in the dark."

"Yellow food helps your body heal cuts."

"Green food helps you fight off sickness."

"Blue & purple foods give you a strong brain."

"White foods give you energy."