

# Eat A Rainbow



Craft Instructions and Food Worksheet

# Instructions

## Supplies:

Paper plates (1/2 plate per child)

Cotton Balls

Food Pictures (included)

1 Strip of Red, Orange, Yellow, Green, and Blue or Purple Construction Paper

Scissors

Glue



## How To Make The Rainbow:

1. Cut paper plates in half. Cut each color of construction paper into strips. I used the width of a ruler to get equal sized strips.



2. Have the children glue the strips of construction paper onto the back of the paper plate.



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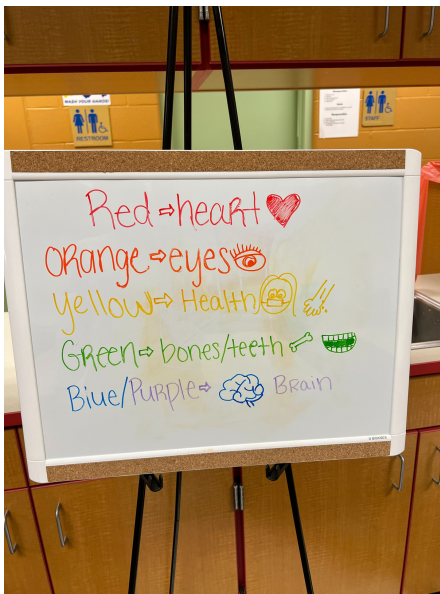
3. Have the children cut out the food pictures. Match the colors of the food with the construction paper. Paste the food pictures onto the matching color.



4. Glue the cotton balls onto the paper plate. Use as many as you want. Placing the glue on the plate works better than putting the glue onto the cotton ball.



While doing the craft you can talk about how different colored fruits and vegetables do different things for our bodies.



Red fruits and vegetables are good for our heart  
Orange are good for our eyes  
Yellow are good for our immune system and healing wounds  
Green are good for bones and teeth  
Blue/ purple are good for our brain

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