**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.
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
Eat A Rainbow