

Be like Paulina and ENCHANT your taste buds to experience the rainbow of fruits and vegetables the earth provides for us!

Weekly Fruit and Vegetable Chart: Eat the RAINBOW!

Green Fruits and Vegetables

Blue/Purple Fruits and Vegetables

Red Fruits and Vegetables

Orange Fruits and Vegetables

Yellow Fruits and Vegetables

White Fruits and Vegetables

#### CALENDAR BY MONTH

Try to eat at least one fruit or vegetable every single day. Use a colored pencil or crayon to write the name of the fruit or vegetable you ate with the color that matches it. For example, if you eat a red apple, use a red pencil or crayon to write it on your chart. Mark it on the day of the week you ate it along with the date. When you get to 30 total, establish a reward such as a family night out at the movies. The child that won the reward gets to choose what to see. Or perhaps, allow that child to plan a night out at his/her favorite restaurant.

MONTH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday