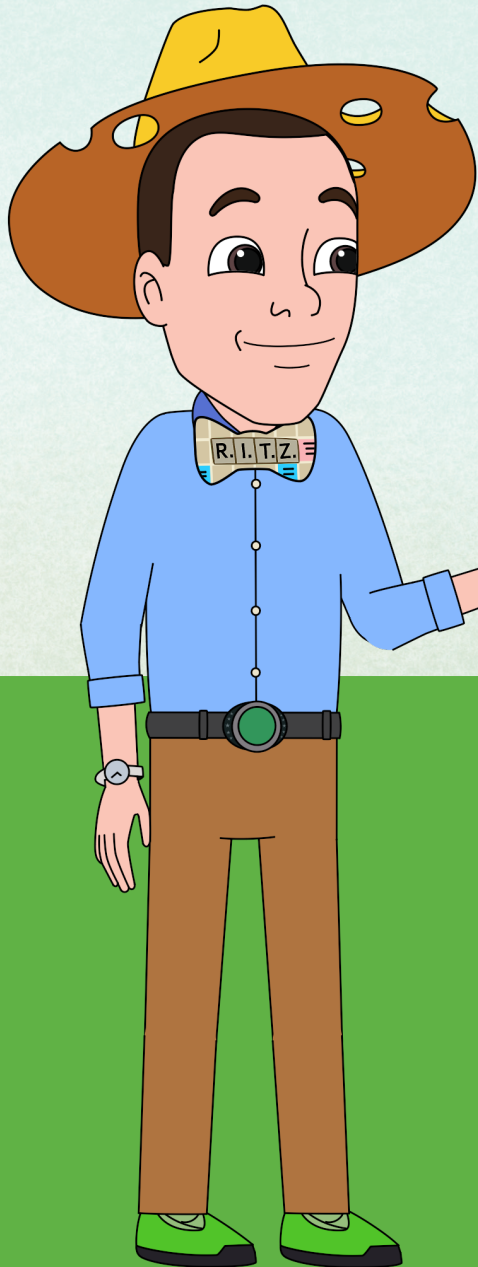




EAT THE RAINBOW

A Fun Guide to Colorful Fruits & Veggies

Brought to you by **GREEN BRONX MACHINE** 

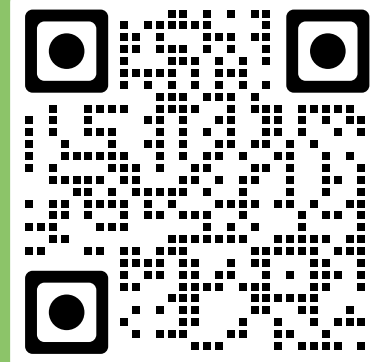
Explore the delicious world of fruits and veggies with these vibrant posters! Each color-packed page encourages kids to try new healthy foods and discover the benefits of eating the rainbow.



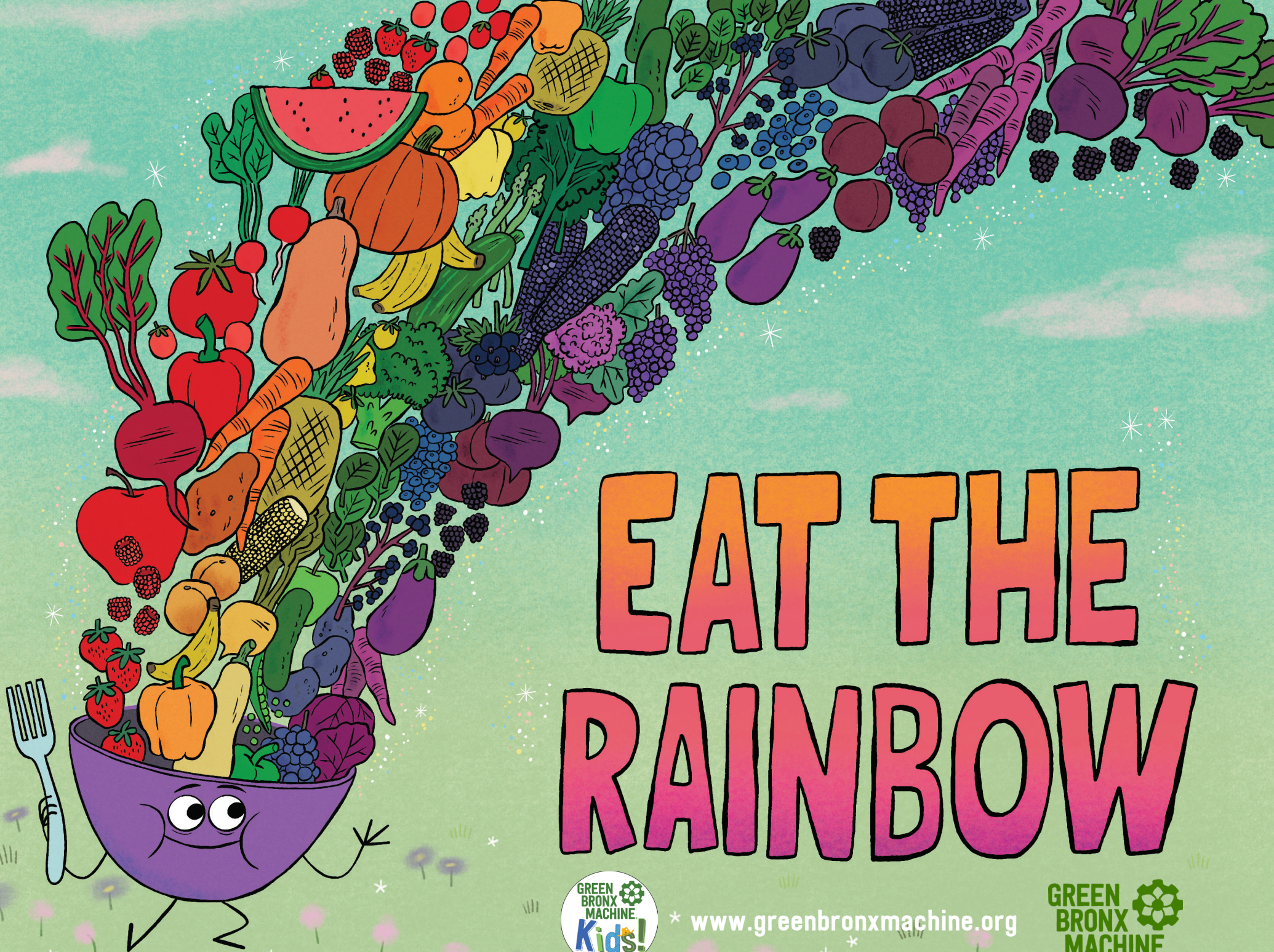
Green Bronx Machine is on a mission to empower students and communities through gardening, healthy eating, and hands-on learning. By bringing tower gardens into classrooms, Green Bronx Machine gives kids the opportunity to grow their own food and learn valuable life skills.

Scan the QR code to explore free resources, lesson plans, and videos to bring gardening and healthy eating to your classroom today!

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SCAN ME



EAT THE RAINBOW



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RED & ORANGE FOODS

POWER FOR GROWING STRONG!

Red and orange foods are like power-ups to help you stay healthy and grow strong.

KEY BENEFITS:

- Boost immunity: Red and orange foods help your body fight off germs.
- Great for eyes and skin: These foods keep your eyes sharp and your skin healthy.
- Super for heart health: Red and orange foods help keep your heart happy and strong.



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YELLOW & GREEN FOODS

**POWER FOR
FEELING GREAT!**

**Yellow and green foods give you energy
and help keep you moving!**

KEY BENEFITS:

- Strong bones and teeth: Yellow and green foods help make bones and teeth strong.
- Brain power: These foods give your brain what it needs to learn and grow.
- Energy boosters: Yellow and green foods help you stay active and play all day!



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BLUE & PURPLE FOODS

POWER FOR SMART THINKING!

Blue and purple foods help your brain stay sharp and keep your body healthy.

KEY BENEFITS:

- Memory boost: Blue and purple foods help you remember things better.
- Great for heart and muscles: They keep your heart and muscles strong.
- Healthy inside and out: Blue and purple foods protect your body from getting sick.



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Name: _____ Date: _____

Explore the Rainbow

Keep track of all the new fruits and veggies you taste!

These are the colorful fruits and veggies from your Eat the Rainbow poster! Ready to see how many you've already tried? Check them off as you go, and challenge yourself to taste a new one soon.

Remember, the goal is to explore and have fun with new flavors, not to rush—every colorful bite is a step toward a healthier you!

Red

- ☐ Strawberries
- ☐ Tomatoes
- ☐ Red bell peppers
- ☐ Radishes
- ☐ Watermelon
- ☐ Red apples
- ☐ Beets
- ☐ Raspberries
- ☐ _____
- ☐ _____

Orange

- ☐ Carrots
- ☐ Oranges
- ☐ Sweet potatoes
- ☐ Pumpkins
- ☐ Butternut squash
- ☐ Orange bell peppers
- ☐ Apricots
- ☐ Cantaloupe
- ☐ _____
- ☐ _____

Yellow

- ☐ Yellow bell peppers
- ☐ Bananas
- ☐ Pineapples
- ☐ Yellow squash
- ☐ Corn
- ☐ Yellow tomatoes
- ☐ Golden beets
- ☐ Lemons
- ☐ _____
- ☐ _____

Green

- ☐ Broccoli
- ☐ Spinach
- ☐ Green apples
- ☐ Zucchini
- ☐ Cucumbers
- ☐ Green bell peppers
- ☐ Peas
- ☐ Asparagus
- ☐ _____
- ☐ _____

Blue

- ☐ Blueberries
- ☐ Concord grapes
- ☐ Blue potatoes
- ☐ Blue corn
- ☐ Elderberries
- ☐ Black currants
- ☐ Blue tomatoes
- ☐ _____
- ☐ _____

Purple

- ☐ Eggplants
- ☐ Purple cabbage
- ☐ Purple cauliflower
- ☐ Beets
- ☐ Purple carrots
- ☐ Blackberries
- ☐ Plums
- ☐ Purple grapes
- ☐ _____
- ☐ _____



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