

Today's Lesson



Build A Rainbow Salad!



What is your favorite color
food to eat?

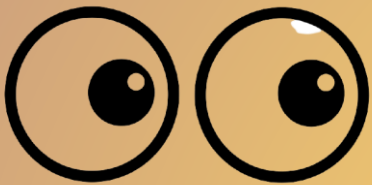
Aim to “Eat The Rainbow”



Eating a colorful meal means you get the most nutrients!

Colorful fruits & vegetables have lots of vitamins & minerals that give you lots of health benefits!

- Radishes
- Pomegranate
- Red pears
- Cherries
- Strawberries



Orange & Yellow Foods: Promote Eye & Skin Health!



- Carrots
- Sweet Potatoes
- Oranges
- Orange Peppers
- Pumpkin
- Mango
- Banana
- Corn



- Squash
- Apricots
- Yams
- Cantaloupe
- Melon
- Papaya
- Pineapple



Green- Helps make your bones & teeth strong

- Spinach
- Broccoli
- Kale
- Celery
- Avocado
- Lettuce
- Peppers



- Squash
- Collard greens
- Okra
- Swiss chard
- Peas
- Brussels sprouts
- Green beans

Blue / Purple- Help your memory and help you stay healthy as you get older!



- Blueberry
- Eggplant
- Blackberries
- Cabbage
- Purple onion
- Plum



- Grapes
- Beets
- Purple sweet potatoes
- Cabbage
- Olives



White & Tan - Help make your blood healthy!

- Cauliflower
- Coconut
- Ginger
- Chickpeas/ Garbanzo



- Mushrooms
- Onions
- Whole grains
- Nuts & seeds

How to “Eat The Rainbow”



At the salad bar

How to Eat The Rainbow at the Salad Bar

Start with your base:

Lettuce, Spinach= **Green**

Spring Mix= **Green & Purple**

Then add toppings!

- **Red-** tomatoes, red peppers, radish, strawberries
- **Orange-** carrots, peppers, squash
- **Yellow-** corn, peppers, squash, melon



- **Green-** Broccoli, cucumbers, peas
- **Blue/purple-** Beets, cabbage, olives, blueberries
- **White/tan-** chickpeas, mushrooms, nuts, seeds

Add a little dressing & enjoy!

Now you have a Rainbow Salad!

Your Turn!

Make A Rainbow Salad at the salad bar!

Your challenge is to get as many different colors in your salad as you can.



Salad Bar Guidelines



Wash or Sanitize Hands



Always use utensils -
NEVER hands



Wait in line patiently

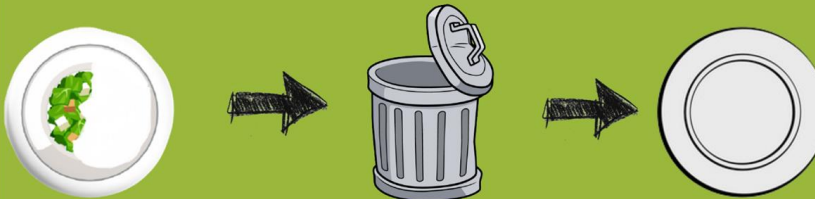
Ask a staff
member for help
cleaning up spills



Keep face above shield



Take only what you can eat.



Never bring food back to the salad bar. Use a clean plate for seconds.

Reflection Questions

- 1- What did you include in your rainbow salad for each color?**
- 2- What is your favorite part of your rainbow salad?**
- 3- What is something new you tried today?**

Let's Review!



Red foods are good for your HEART



Orange foods help you SEE in the dark!



Green foods help make your BONES strong.



Blue & purple foods are good for your MEMORY



White/ Brown foods make your BLOOD healthy!



Eating all the colors of the rainbow is good for us and makes our plates beautiful!