

## Eat Rainbow Healthy Foods Move

**eat a rainbow of snacks - eatsmart.umd** - eat a rainbow of snacks objectives for the lesson: 1. compare the nutrient content and cost of vegetables and fruits as snacks to conventional snack foods. **eating under the rainbow - mediasmarts** - why aren't these foods as healthy as the foods on the rainbow? can we eat these foods and still be healthy? how much snack food may we eat each day? **nutrition eat a rainbow kids worksheet** - eat a rainbow of healthy foods bean dips garlic hummus legumes oo oo nuts onions refried beans, low-fat white, tan shallots tahini eggplant grapes kale plums rues potatoes raisins rice sat oo oo oo 00 o o 000 000 o o o o sat oo oo 00000 00000 healthiest kids university . title: nutrition eat a rainbow kids worksheet author : tracy romm created date: 4/27/2015 12:24:06 am ... **eat the rainbow handout - rcc** - eat the rainbow! different colored fruits & vegetables are full of nutrients. eating a variety of these helps your body stay healthy. green foods red foods **eating the rainbow challenge yourself to try fruits and ...** - eating the rainbow "challenge yourself to try fruits and vegetables of different colors fresh, filling and heart-healthy, fruits and vegetables are an important part of your overall **eat the rainbow - linus pauling institute** - eat the rainbow overview: children will be introduced to vitamin and mineral content of fruits and vegetables with a brief explanation of their benefits to the body. **eat a rainbow! - whole kids foundation** - what does it mean to eat a rainbow? choosing a variety of different-colored whole foods throughout the day and week. the more naturally occurring colors on your plate at each meal or snack, the better. **eat a rainbow! k-1 combined - sf environment** - tell students that one way to eat the foods we need to stay healthy is to eat many different fruits and vegetables that are like the colors of a rainbow. (explain colors of rainbow if needed: red, orange, yellow, green, blue, ... **outline eat a rainbow - healthymeals.fnsda** - antioxidants antioxidants are substances that slow or prevent the oxidative process (damage caused by oxygen) thereby preventing or repairing damage to cells in the body. **taste a rainbow of colors with fruits and veggies - aicr** - just like a rainbow has a pot of gold at the end of it, eating the rainbow of fruits and veggies leads them to have golden health (a healthy body!). explain that what they eat now affects their health when they grow older.

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