

LESSON 5: Rainbow Food
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## Questions:

What are different types of food for each color of the rainbow?

Where can you find different fruits and vegetables?

Why is it important to eat the food rainbow?

# Eat Like a Rainbow 

by Jay Mankit

I like to eat like a rainbow
Builds my body and it makes my brain grow Helps my heart beat and my blood flow

I like to eat the rainbow
Red, Orange, Yellow, Green
The tastiest colors I've ever seen
I like to eat food that's purple and blue 'Cause colorful foods are healthier too'

Colorful foods make a colorful meal
And that really colors the way I feel
I'm living in a colorful way
So I eat like a rainbow every day

Colorful sunsets, and colorful jokes
Colorful flowers and colorful folks
Colorful shirts and colorful plants
I eat the rainbow of colorful plants

## Go Harvest!

Directions: Color in each character and then cut out along dashed lines to make cards.

## Rules

## Easy:

Place the pile face down and each player takes two cards.
Take turns asking each other if the other player has a card in their hand. If they do, they need to give it to you. If not they say "Go Harvest!" and you need to pick up one card from the pile.
If you get a pair, place it down on the table. Pick up another card and end your turn.
If you end your turn with no cards, pick up one from the pile.
It is now the next player's turn to ask. Once the deck is gone, count up each pair for one point.

## Harder:

Hungry Rabbit is very hungry: if you pick up a "Hungry Rabbit" card, it will eat one of the pairs you placed on the table. If you have no pairs, place it back randomly in the deck. Once the Hungry Rabbit has eaten a pair, it needs to sleep, place it on the side of the table as inactive until the next game.

Lucky Ladybug is very lucky: if you pick up a Lucky Ladybug card, place it on the table to count as one point.

Cards:<br>PeneloPea x4<br>Barry Blueberry x4<br>Eduardo Eggplant x4<br>The Countessa Fresa x4<br>Orlando Orange x4<br>Hannah Banana x4<br>Tina Turnip x4<br>Hungry Bunny x2<br>Lucky Ladybug x2

| The Countessa Fresa | The Countessa Fresa | The Countessa Fresa | The Countessa Fresa |
| :---: | :---: | :---: | :---: |
| Orlando Orange | Orlando Orange | Orlando Orange | Orlando Orange |
| Eduardo Eggplant | Eduardo Eggplant | Eduardo Eggplant | Eduardo Eggplant |
| Tina Turnip | Tina Turnip | Tina Turnip | Tina Turnip |


| Hungry Bunny | Hungry Bunny | Lucky Ladybug | Lucky Ladybug |
| :---: | :---: | :---: | :---: |
| Hannah Banana | Hannah Banana | Hannah Banana | Hannah Banana |
| Penelo Pea, | Penelo Pea, | Penelo Pea, | Penelo Pea, |
| Barry Blueberry | Barry Blueberry | Barry Blueberry | Barry Blueberry |

