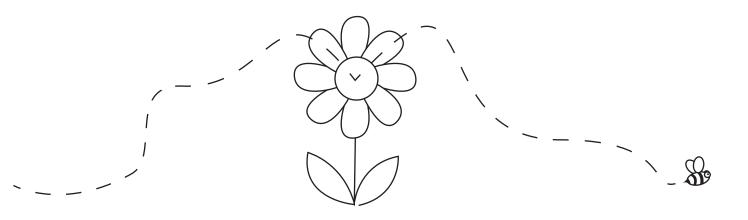
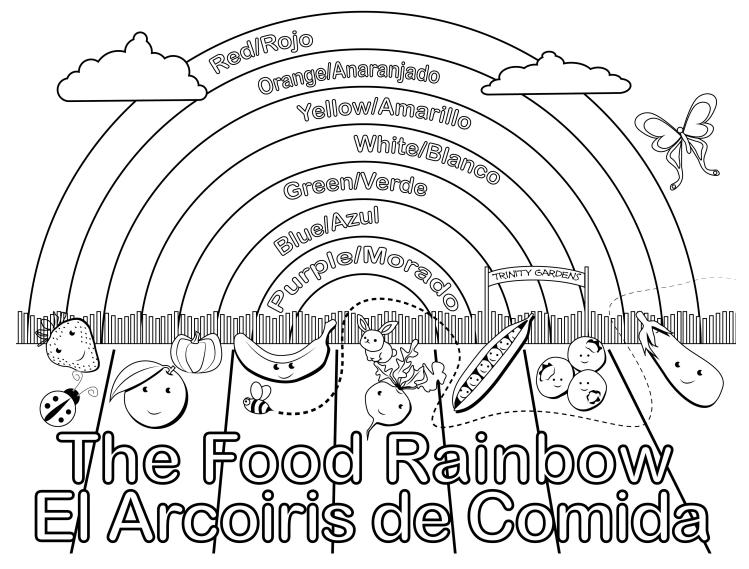


LESSON 5: Rainbow Food





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

