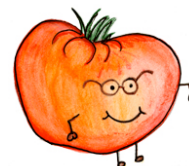
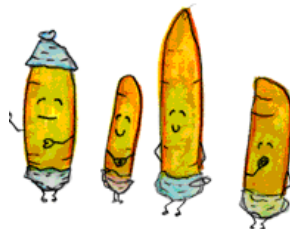




Veggie Rainbow Exercise

Instructions: Draw the following chart on the board and ask students to come up with vegetables for each color category. Fill in the chart and add vegetables that the students may not have mentioned. Ask each student to pick a vegetable they have not tried and circle it. Challenge them to try that vegetable this week at home.

Purple/Blue	Green	Yellow/Orange	Red	White/Tan/Brown



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