



Smart Readers' Club Level 2

Judah Eats a Rainbow

by Rashida Serrant-Davis

Judah was a picky eater. He spent last week fussing over food every day! God gave us rainbows as a promise of His love, so Judah decided to eat one color each day.

On Monday, Judah said, "I will only eat red food today!" All day Monday, Judah feasted on beets, guava, rhubarb and cherries.

On Tuesday, Judah said "I will only eat orange food today!" All day Tuesday, Judah ate up sweet potatoes, papaya, carrots and, of course, oranges.



On Wednesday, Judah said "I will only eat yellow food today!" All day, Wednesday, Judah munched bananas, golden delicious apples, yellow watermelon, butternut squash and daal peas.

On Thursday, Judah said "I will only eat green food today!" All day Thursday, Judah chomped dasheen bush, green pigeon peas, string beans, spinach and green bananas.

On Friday, Judah said "I will only eat blue food today!" All day Friday, Judah chewed blueberries and elderberries.

On Saturday, Judah said "I will only eat indigo food today!" All day Saturday, Judah crunched blue corn chips and indigo carrots.

On Sunday, Judah said "I will only eat violet food today!" All day Sunday, Judah had grapes, and bodie, cabbage and onions that were all violet.

Judah learned about so many new foods last week. How exciting to try so many good foods that God gave us to eat and be in good health!

"That was fun!" Judah said with a big smile. "Maybe next month, I will eat the alphabet!"





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Answer these questions.

- 1. On what day did Judah eat all yellow foods?**
 - a. Wednesday**
 - b. Monday**
 - c. Thursday**
 - d. Sunday**
- 2. True or False: Judah ate brown foods this week.**
 - a. True**
 - b. False**
- 3. When Judah eats the alphabet, what foods can he have on the second day?**
 - a. Peas, Potatoes and Parsley**
 - b. Five finger fruit, Figs and Flax seeds**
 - c. Beans, Barley and Basil**
 - d. Dasheen, Dates and Dandelion Greens**





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Drag and drop the healthy foods Judah ate on Monday, Thursday and Sunday.

Monday	Thursday	Sunday
What color? _____	What color? _____	What color? _____

