

Eat a Rainbow

Read the sentences and do the true / false.

You should eat a rainbow. What does that mean? Well, think about the colors of the foods you eat. Meat is brown and rice is white. Pasta is yellow and so are potatoes. That's okay. But think about the colors of fruits and vegetables. Tomatoes are red and broccoli is green. Carrots are orange and apples can be yellow, green or red. When we say "Eat a Rainbow" that means you eat lots of fruits and vegetables along with your meat and and potatoes. Make sure you eat lots of salad and fruit for dessert. It's good for you!

1. Meat and rice are colorful.	YES	NO
2. Fruits and vegetables are colorful.	YES	NO
3. Carrots are orange.	YES	NO
4. Apples can be different colors.	YES	NO
5. "Eat a Rainbow" means eat more fruit and vegetables.	YES	NO
6. You should eat meat for dessert.	YES	NO

