

# Fruits and veggies. Eat colorfully and live healthfully.

## For Parents: **Preschool Edition.**

Get your kids excited about fruits and veggies.

**Who is this for?** Kids and their parents.

**Why is this a good idea?** Because eating fruits and veggies is healthy and delicious.

### ● Follow the Rainbow

Provide a large white piece of butcher paper and draw the outline of a rainbow on it. Provide your children with pictures of yellow, green, red, orange, blue and purple fruits and veggies. Have them glue the different fruits and veggies pictures on the rainbow to fill in all the colors.

### ● Fruits and Veggies Shopping Helper

Rather than just listing items to buy at the grocery store, have your kids draw the items with crayons and/or markers.

### ● Sculpt-a-Snack

Using colorful Play-Doh, have your kids sculpt the fruit or veggie they want to have as a snack. When someone guesses what it is, award the sculptor with the real, edible version.

Visit [eatwellbewell.org](http://eatwellbewell.org) for more resources.

Arizona Nutrition Network



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

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