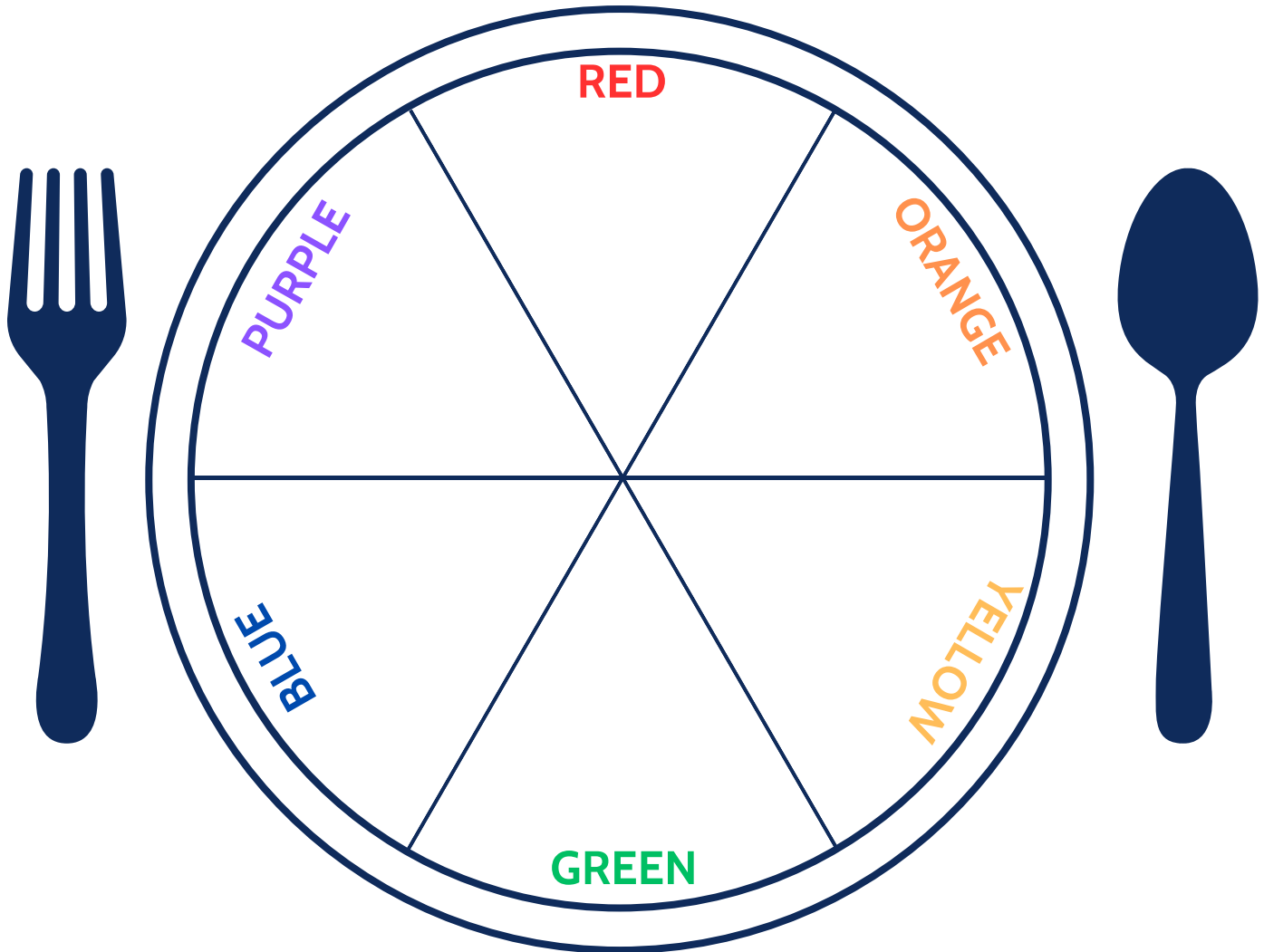


WORKSHOP OVERVIEW | EAT THE RAINBOW

Instructions: Choose your favorite fruit or vegetable for each color of the rainbow. For example, for the color red, you might choose a bright red apple! Draw, color, and label the fruit or vegetable you include for each space on the plate and then answer the question below. Be sure to fill your plate!!



Why is it important to **eat** and **plant** a variety of fruits and vegetables?
