Eating the Colors of the Rainbow
Directions: Fill-in the fruits \& vegetables and other foods that you eat in the appropriate color box for each day.

| Day | Red | Orange | Yellow | Green | Purple | White | Black/Brown |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |

