Vegetables are an important part of the foods we eat! Vegetables can help our bodies because they provide lots of vitamins, as well as minerals. Kids should be eating 1 ½ - 2 cups of vegetables per day, in a variety of colors.

Try to eat different colored vegetables each day to get all the nutrients that you can!

Try this recipe below to enjoy some veggies in your snack time!

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**Eat a Rainbow of Colors!**

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**VEGGIE CREATURES**

**Ingredients**

- Cherry tomatoes (about 3 tomatoes per child)
- String cheese (1 for each child)
- 1 slice flat cheese
- Whole cloves
- Toothpicks

**Instructions**

**Snakes:** Cut string cheese into 1 inch sections. Break toothpicks in half. Spear cheese at an angle and add cherry tomato. Continue adding at an angle until snake is as long as desired. Cut small tongue out of a slice of cheese. Cut slice at bottom of first tomato. Insert cheese tongue. Insert whole cloves for eyes. IMPORTANT: Make sure children know not to eat the whole cloves.

**Another idea: Butterfly:** Place a line of peas in a row on a plate. Cut baby carrots in half. Place two on each side of peas as wings. Add whole grain cereal that is round or oval shaped at the top for eyes.

Use your imagination with the ingredients you have to see what creature you can make!
Eat a Rainbow of Fruits and Vegetables

Take Home Activity Sheet

Red
- Strawberries, apples, cherries, bell peppers, raspberries, watermelon, tomatoes, and rhubarb

Yellow
- Lemons, bananas, corn, pears, squash, and pineapples

Green
- Peas, apples, cucumbers, broccoli, pears, and asparagus

Blue
- Blueberries and grapes

Purple
- Grapes, eggplants, turnips, and plums

Green
- Lettuce, cabbage, spinach, and zucchini

Orange
- Yams, sweet potatoes, oranges, peaches, pumpkins, carrots, and bell peppers

Red
- Onions, pomegranates, chili peppers, cherry tomatoes, cabbage, grapes, beets, grapefruit, and cranberries

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