

YOUNG EXPLORERS

TASTE THE RAINBOW

Have you ever tried a green grape? How about a white carrot? Can you taste the difference between an orange pepper and a red one? Fruits and veggies are delicious in all shapes, sizes, and colors. This summer, mix up your snack plate by getting creative and trying new fresh foods.

Colorful fruits and veggies are jam-packed with nutrients for our bodies. Each color has different health benefits, which is why it is important to taste a rainbow of fresh food.

Find Your Veggies

Getting fruits and vegetables from a local farm—or even picking them yourself—makes them taste extra yummy! This summer, visit a local farmers’ market or the farmstand at Drumlin Farm in Lincoln or Moose Hill in Sharon. Later, take a picture of your colorful plate, and with a parent or guardian’s help, post the picture and tag us on Instagram or Facebook at @massaudubon.

Go Ahead, Play with Your Food

Can you fill your plate with a rainbow? Bonus points if you taste something you’ve never tried before! Can you fill all the blank spaces below? To help you start, here are some colorful fruit and veggie ideas:

RED	strawberries, _____ tomatoes, _____ apples, _____
ORANGE	sweet potatoes, _____ oranges, _____ carrots, _____
YELLOW	corn, _____ summer squash, _____ husk cherries, _____
GREEN	cucumbers, _____ green beans, _____ spinach, _____
BLUE	blueberries, _____ blue kale, _____ _____
PURPLE	eggplant, _____ beets, _____ _____

