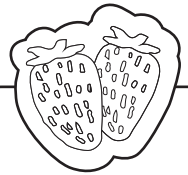
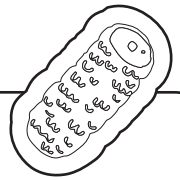
DIGESTION "EAT A RAIN BOW" GUIDE

Make your own healthy pizza by utilizing the color of the rainbow to color in the printable!

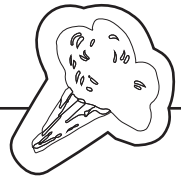
1. Color the food chart with Red/Yellow/Green/Blue/Brown
2. Gather ingredients from each color section and put it on a piece of toast. Then sprinkle some parmesan cheese on top
3. Ask for adult's help. Put it in the oven. Preheat oven to 500 degrees F. Bake for 10 mins



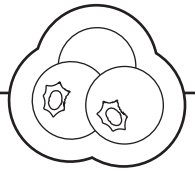
- ☐ Apples
- ☐ Strawberries
- ☐ Tomatoes
- ☐ Watermelon
- ☐ Beets
- ☐ Cherries
- ☐ Cranberries
- ☐ Grapefruit
- ☐ Pomegranates
- ☐ Radishes
- ☐ Raspberries
- ☐ Red graphes
- ☐ Read onions
- ☐ Red peppers
- ☐ Red potatoes



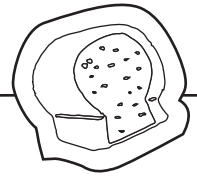
- ☐ Corn
- ☐ Lemons
- ☐ Oranges
- ☐ Pineapple
- ☐ Mangoes
- ☐ Peaches
- ☐ Tangerines
- ☐ Pumpkin
- ☐ Squash
- ☐ Apricots
- ☐ Cantaloupe
- ☐ Carrots
- ☐ Papaya
- ☐ Sweet potatoes
- ☐ Yellow lentils



- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Cucumbers
- ☐ Green apples
- ☐ Green beans
- ☐ Green grapes
- ☐ Green lentils
- ☐ Green peppers
- ☐ Honeydew melon
- ☐ Kiwifruit
- ☐ Lettuce
- ☐ Pears
- ☐ Spinach
- ☐ Zucchini



- ☐ Blueberries
- ☐ Plums
- ☐ Raisins
- ☐ Eggplant
- ☐ Elderberries
- ☐ Purple grapes
- ☐ Purple cabbage
- ☐ Purple figs
- ☐ Purple asparagus
- ☐ Purple peppers
- ☐ Purple carrots
- ☐ Blackberries
- ☐ Black olives
- ☐ Black beans
- ☐ Black currants



- ☐ Whole grains
- ☐ Walnuts
- ☐ Brown pears
- ☐ Brown lentils
- ☐ Bananas
- ☐ Turnips
- ☐ Soybeans
- ☐ Potatoes
- ☐ Onions
- ☐ Mushrooms
- ☐ Lima beans
- ☐ Artichokes
- ☐ Garlic
- ☐ Rice