

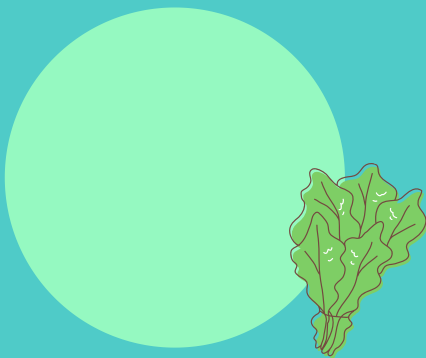
• NATIONAL NUTRITION MONTH •

WEEK 1: EAT A VARIETY OF NUTRITIOUS FOODS EVERYDAY

March is National Nutrition Month! This week's activity focuses on eating a variety of foods everyday!

Did you know each colored food gives different nutrients to your body?

This week's activity encourages you to try a food item from each color in the rainbow. You can draw the item you tried or write a reflection word describing your experience. You might think of it's texture, taste, smell or how to looks.



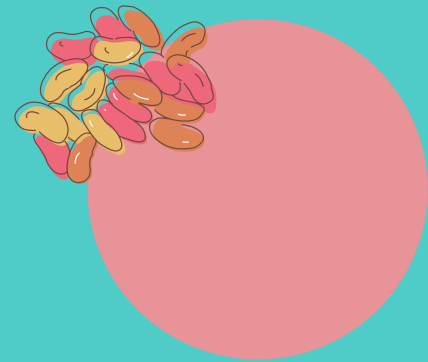
GREEN

Green foods are good for your bones and strengthening your immune system.



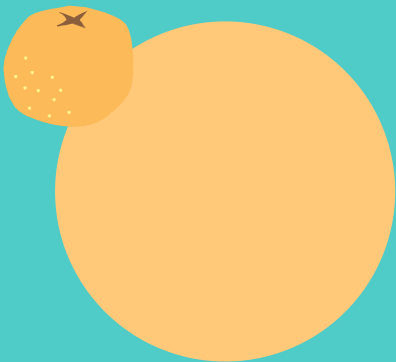
YELLOW

Yellow foods are good for your skin, heart, eyes, and improve your digestive & immune system.



RED

Red foods are good for your heart, blood, and joints.



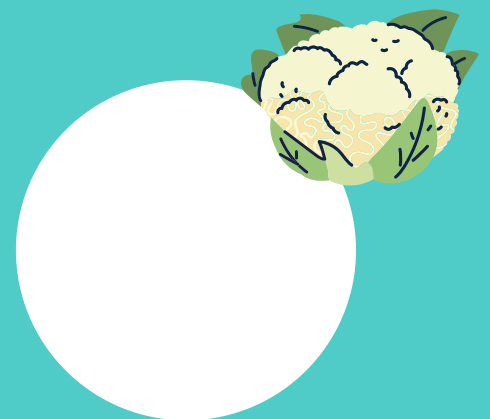
ORANGE

Orange foods help prevent cancer and reduce risk of heart disease.



BLUE

Blue and purple foods help improve your memory and brain function.



WHITE

White foods support your immune and circulatory systems.

For more at-home wellness resources, visit:
https://nutritionservices.mpls.k12.mn.us/home_wellness_resources