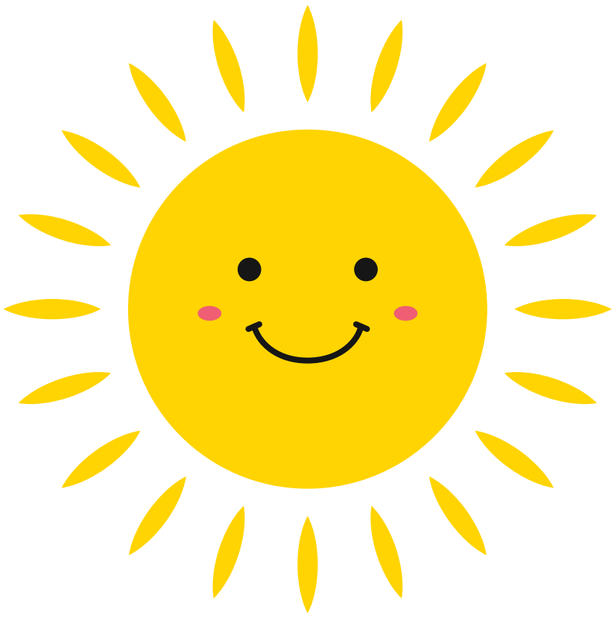
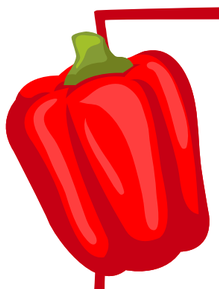
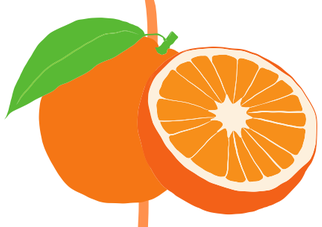
EAT THE RAINBOW



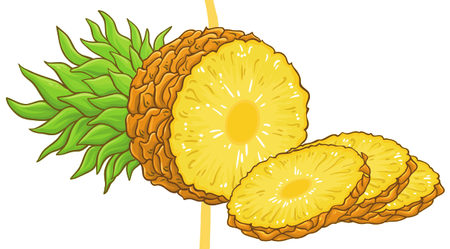
White foods help you from getting sick!



Red foods give you a healthy heart!



Orange foods help you see in the dark!



Yellow foods help your body heal from cuts!

Green foods give you strong bones and muscles!

Blue foods help keep your whole body healthy!

Indigo & Violet foods give you a healthy and smart brain!

Brown foods give you the energy to run and play!