

TASTE A RAINBOW!

Did you know
it can take up to a dozen
tries for a child to accept a new
food? Sampling them is a great way to help
your child accept new flavors, textures, & smells.

Taste a rainbow of fruits and vegetables and learn to enjoy new foods along the way!

- 1 Have your child participate in selecting which fruits and vegetables they would like to "experiment" with. Select foods from each of the five color groups.
- 2 Put a small portion of each fruit or vegetable on a plate or in a bowl. Line the plates up to create a rainbow of colors!
- 3 Ask your child to use their five senses as they taste the foods. Ask the following questions...
 - SIGHT:** What do you see? What color is the fruit or vegetable? What is its shape? Do you see seeds?
 - TOUCH:** What do you feel? Is it hard or soft? Smooth or bumpy? Dry or wet? Is it heavy? Is it sticky or gooey?
 - HEAR:** Shake it. Do you hear a sound?
 - SMELL:** What do you smell?
 - TASTE:** Do you think it will taste sweet, sour, spicy, or bitter?Now have your child taste the food. It's all right if they only kiss, lick, or touch the fruit or vegetable to their tongue. Be a role model - let your child watch you try a sample!
Do you think it tastes sweet, sour, spicy, or bitter? Was it crunchy or soft?
- 4 Congratulate your child on trying a new food! This might be a HUGE step for some children. It might take several "tastings" for a child to eat a whole serving or to know if they like it.
- 5 On the next page, learn why eating a rainbow of colors is good for your family's health.



A RAINBOW OF HEALTH BENEFITS

All fruits & vegetables are rich in vitamins & minerals, regardless of color!

RED Red fruits and vegetables help with heart health and memory function, and they protect your body against cancer.

Red fruits and vegetables: Cherries, pink/red grapefruit, radishes, raspberries, red apples, red bell peppers, red grapes, red onions, red pears, red potatoes, rhubarb, strawberries, tomatoes, and watermelon.



ORANGE Orange fruits and vegetables help with heart health, strengthening your immune system, vision health, healing wounds, and they protect your body against cancer.

Orange fruits and vegetables: Apricots, butternut squash, cantaloupe, carrots, mangoes, nectarines, orange bell peppers, oranges, orange tomatoes, peaches, pumpkin, sweet potatoes, tangerines.



YELLOW Yellow fruits and vegetables help with heart health and strengthening your immune system and healing wounds, and help protect your body against cancer.

Yellow fruits and vegetables: Carrots, corn, grapefruit, golden kiwi, lemons, pineapples, yellow apples, yellow bell peppers, yellow pears, yellow potatoes, yellow summer squash, yellow tomatoes, and yellow winter squash.



GREEN Green fruits and vegetables help with developing strong bones and teeth, healthy vision, and they help protect your body against cancer.

Green fruits and vegetables: Asparagus, avocados, broccoli, brussels sprouts, cabbage, celery, cucumbers, green apples, green beans/peas, green bell peppers, green grapes, green onions, green pears, honeydew, kiwi, leafy greens, leeks, limes, okra, spinach, and zucchini.



PURPLE & BLUE Blue and purple fruits and vegetables help with brain and memory function and help slow aging, and they protect your body against cell damage and cancer.

Purple & blue fruits and vegetables: Blackberries, blueberries, eggplant, grapes, plums, prunes, purple asparagus, purple cabbage, purple carrots, purple peppers, and purple potatoes.



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