



HELLO PARENTS,

A rainbow diet involves daily consumption of colourful fruits and vegetables that provide a variety of nutrients, antioxidants, vitamins, and minerals essential for overall body health. It is a fun and healthy way to help children develop positive eating habits. Encourage your child by incorporating a variety of colourful fruits and vegetables into each meal and snack, or involve them in planning, purchasing, and preparing meals with age-appropriate responsibilities. In this newsletter, we provide a range of activities to encourage your child in building healthy eating habits.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

COLOURFUL TRAY

MATERIALS:

- Tray
- Avocado
- Strawberry
- Banana

DIRECTIONS:

- Cut small pieces of avocado, strawberry and banana, and arrange them on the tray. You can create a rainbow or interesting patterns.
- Place the tray in front of your child and invite them to taste the fruits.
- While your child reaches for the fruit, talk about its colour and flavour.
- Join your child and eat the fruit together.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

VEGGIE GUESSING BAG

MATERIALS:

- Two to four vegetables
- Bag

DIRECTIONS:

- Explore the vegetables with your child. Name each one and talk about their colours and textures.
- Place the vegetables in the bag.
- Ask your child to put their hand inside the bag, feel one vegetable and guess what it is.
- Continue until your child guesses all the vegetables in the bag.
- Wash the vegetables and eat them together.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

RAINBOW FRUIT KEBAB

MATERIALS:

- 6-inch wooden skewers
- Fruits in a variety of colours

DIRECTIONS:

- Have your child choose different coloured fruits when you go grocery shopping together.
- At home, ask your child to wash and dry the fruits, and chop them (adult supervision required).
- Help your child to thread the fruit onto wooden skewers.
- Encourage your child to be creative with the choice of colours.
- Enjoy the rainbow fruit kebabs.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

HEALTHY MEAL COLLAGE

MATERIALS:

- Grocery flyers
- Glue
- Paper plate

DIRECTIONS:

- Invite your child to look through the flyers and find pictures of healthy foods.
- Ask your child to cut the pictures of foods that they could eat for lunch.
- Have your child glue the pictures onto the paper plate to create a healthy platter.
- Talk about what makes certain foods healthy and why we need to eat a healthy diet.

[Click here](#) for more ideas and information.

SCHOOL-AGERS (6 – 12 YEARS)

RAINBOW DINNER GAME

MATERIALS:

- Paper
- Markers
- Pencil

DIRECTIONS:

- Before dinner, draw a rainbow on a sheet of paper.
- Bring your drawing, a pencil and another sheet of paper to the dining table.
- Look at the meal on the table, paying attention to the colours, and write the names of all ingredients on the corresponding coloured stripes of your rainbow. For example, write "broccoli" on the green stripe.
- When you finish, check which colours are missing.
- Make a list of foods in the missing colours and add them to the weekly shopping list.
- You can also take your rainbow to school and play this game at lunch with your friends.

[Click here](#) for healthy rainbow smoothie recipes.



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and Citizenship Canada

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WHAT IS UNDER THE RAINBOW?

- **Red** fruits and vegetables help fight cancer, reduce the risk of diabetes and heart disease, and improve skin quality. Examples include strawberries, tomatoes and watermelons.
- **Orange** and **yellow** fruits and vegetables improve immune function, reduce the risk of heart disease, and promote eye health. Examples include carrots, oranges and sweet potatoes.
- **Green** fruits and vegetables boost the immune system, help detoxify the body, restore energy and vitality. Examples include broccoli, kiwi and spinach.
- **Blue** and **purple** fruits and vegetables fight cancer and inflammation and help keep you young. Examples include blueberries, eggplants and plums.
- **White** and **brown** fruits and vegetables protect against certain cancers, keep bones strong, and are a heart-healthy choice. Examples include mushrooms, potatoes and bananas.

[Click here](#) for more information.