

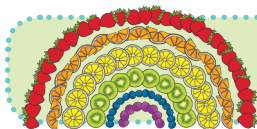


# Rainbow Veggie Nutrition

Dip colorful veggies in homemade ranch and learn about nutrition.

List as many fruits and veggies you can think of in each color!

Color	White	Red	Orange & Yellow	Green	Blue & Purple
Nutrition	good cholesterol levels and heart health	heart health and memory	heart health, immune system, and healthy eyes	healthy bones, teeth, and eyes	healthy digestion and memory
Fruits & Veggies	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____



**Chef's Challenge:** Create a rainbow plate of veggies to dip in your homemade ranch!