

NUTRITION

On Your
Own

Self-Paced Lesson

SP-000-52 02/2017



Follow the Rainbow with Toby!
Take Home Lesson for WIC Children's Book

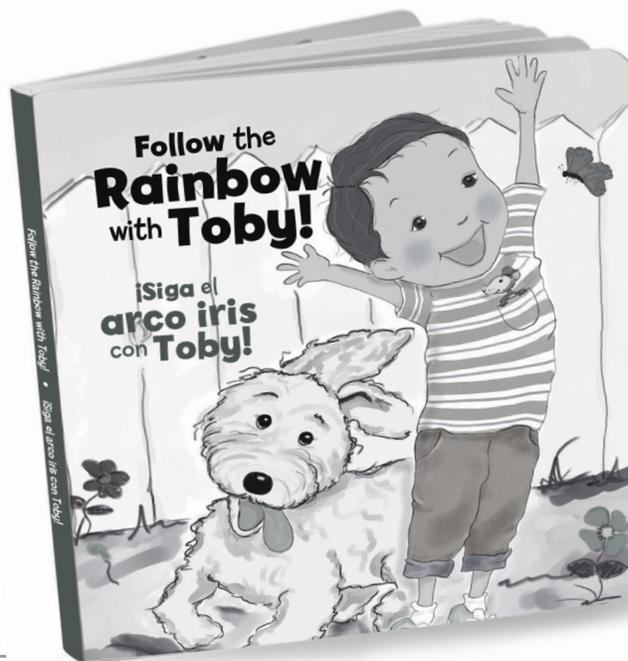
Welcome to the “Follow the Rainbow with Toby!” Lesson

This lesson is about fruits and vegetables. It goes with the “Follow the Rainbow with Toby!” book that you got from the WIC office. To get credit for this lesson:

1. Read the “Follow the Rainbow with Toby!” book with your child.
2. Read this lesson.
3. Answer the questions on the last page.
4. Bring your answers with you to your next WIC appointment.

In this lesson we will explore:

- Why eating colorful fruits and vegetables is great for our bodies.
- How to be an amazing role model for your child.
- Fun ways to prepare fruits and vegetables with your child.



Follow the rainbow?

When is the last time you saw a rainbow? It's magical to see all the colors in the sky! Have you ever noticed that fruits and vegetables come in all the colors of the rainbow?

Eating a variety of colorful fruits and vegetables is good for the whole family. Fruits and vegetables that are different colors have different nutrients to help your body stay strong.



Color	Examples of Fruits and Veggies
Blue/Purple	Blueberries, grapes, eggplant, purple cabbage
Green	Broccoli, cucumber, honeydew melon, kiwi
Orange	Oranges, peaches, pumpkin, sweet potatoes
Red	Strawberries, watermelon, beets, peppers
Yellow	Pineapple, yellow squash, corn, bell pepper
White	Cauliflower, onion, jicama, mushrooms

Fruits and vegetables have nutrients in them called phytochemicals that give them bright colors and are good for our bodies. They protect our cells, help our hearts stay healthy, keep our eyes strong, and more! Fruits and vegetables are amazing because they contain vitamins, minerals, and fiber PLUS all of these healthy phytochemicals.



Try this! Make a game with your child to see how many colors you can eat tomorrow.

Kids are copycats!

Has your child ever tried to copy something you do? Of course, because children learn what to do by watching you! If you eat fruits and veggies, they will learn to eat them too.

You are your child's most important role model. Your child loves you and looks up to you every day. And every day is an opportunity to show your child healthy habits that will last a lifetime.

Try this! Prepare a favorite fruit or vegetable that you love and talk about why you love it with your child.

Tips for preparing fruits and vegetables

Sometimes it just takes time for kids to learn to like new fruits and vegetables. In fact, it can take over 10 times of trying a new food to accept it. Offer fruits and vegetables in different ways, and make it fun!

- Kids love dips! Little fingers love to pick up foods and dunk them into dips. Offer pieces of fruit with yogurt as a dip, or give soft pieces of vegetables with ranch or hummus.
- Give foods funny names! Young children eat more fruits and vegetables when they have silly names. Call broccoli "tree tops" or blueberries "blue raindrops." Get creative and let kids help come up with silly names.
- Make funny faces out of food! Kids love to play with food, so let them make a funny face. Try making a face with vegetable pieces on a pizza or with fruit pieces on yogurt.

What is
YOUR favorite
way to prepare
a fruit and
vegetable?



Self-Paced Lesson Survey

Follow the Rainbow with Toby! (SP-000-52)

Please read the book, "Follow the Rainbow with Toby!" with your child before answering these questions. Then bring your answers with you to your next WIC visit.

1. What did you enjoy most about reading "Follow the Rainbow with Toby!" with your child?

2. What is one thing you would like to teach your child about living a healthy life?

3. What are 2 fruits or vegetables that are different colors that you plan to eat with your child this week? (Ex: purple grapes, red strawberries, green broccoli)

4. What is one new way you would like to try preparing a fruit or vegetable with your child?

*Thank you
for your answers!*