The Super Crew’s Color Powers!

Fall vegetables come in every color of the rainbow. At the grocery store you may only see white cauliflower, but at the farmers market you could see green cauliflower or even purple. Help Abigail to match the Fall vegetables to their color/s. (Hint: some may come in more than one!) 

<table>
<thead>
<tr>
<th>Cauliflower</th>
<th>Carrot</th>
<th>Pumpkin</th>
<th>Spinach</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>Yellow/Orange</td>
<td>Red</td>
<td>Green</td>
</tr>
</tbody>
</table>

Purple cauliflower and grapes have anthocyanins (antho-sigh-a-nin) that are good for your brain and heart. 
Green spinach has lutein (loo-teen) and zeaxanthin (zee-ah-zan-thin) that are good for your eyes. 
Orange carrots have carotenoids that are good for your immune system and help keep you healthy.

Fill in the missing letters below to reveal the food and it’s body benefit:

Green K ___ l ___ → Eye
Orange C ___ ___ o ___ s → Immunity
Purple P ___ ___ m → Brain

Penny’s Plant Foods’ Magic Colors

Did you know that foods get their natural colors from plant compounds called phytonutrients (fight-o-nutrients)? Each color has a unique power in your body.

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Calculate the Total Time:

- Play on the playground during class breaks (15 min)
- Play basketball with friends or family (20 min)
- Play soccer with friends or family (30 min)
- Jump rope with classmates (15 min)
- Walk to and from school (20 min)
- Others (specify + time) ___________________________

Total time: ____________________

Super Crew’s Rainbow Fruit Skewer

Eating the rainbow ensures you’re getting color power from a variety of fruits and vegetables. Let’s make an easy, tasty fruit skewer with your friends.

Servings: 1 (6 bites of fruit)

Ingredients:
Fruit ideas (choose three):
- Red–red grapes, red apples
- Orange/Yellow–mango, oranges
- Green–kiwi, pear
- White–banana
- Blue/Purple – purple grapes, raisins
- One wooden or metal skewer

Directions:
1. Choose three in-season, fresh fruits from different color groups
2. Wash and cut your fruit into two bite-size pieces each
3. Thread the fruits onto the skewer to make a colorful pattern
4. Enjoy the fruit rainbow!