



Complete this worksheet and  
turn in to your coach by \_\_\_\_\_  
to get a star!

Level  
#1

Name: \_\_\_\_\_

## Colors of the Rainbow

Healthy Habit of the Week:

I choose healthy snacks

### Key Points:

- Different colors of fruits and vegetables help our bodies.
- Red - Help keep our hearts healthy.
- Orange/Yellow - Help fight off disease and keep us from getting sick.
- Blue/Purple - Help with your memory.
- Green - Help keep you from getting sick.
- White - Help keep our stomachs and heart healthy.

## Thinking in All Colors

Help this Healthy LifeStar brainstorm some healthy fruits and vegetables he can eat  
in each color category. Draw the food in the color box it belongs in.

