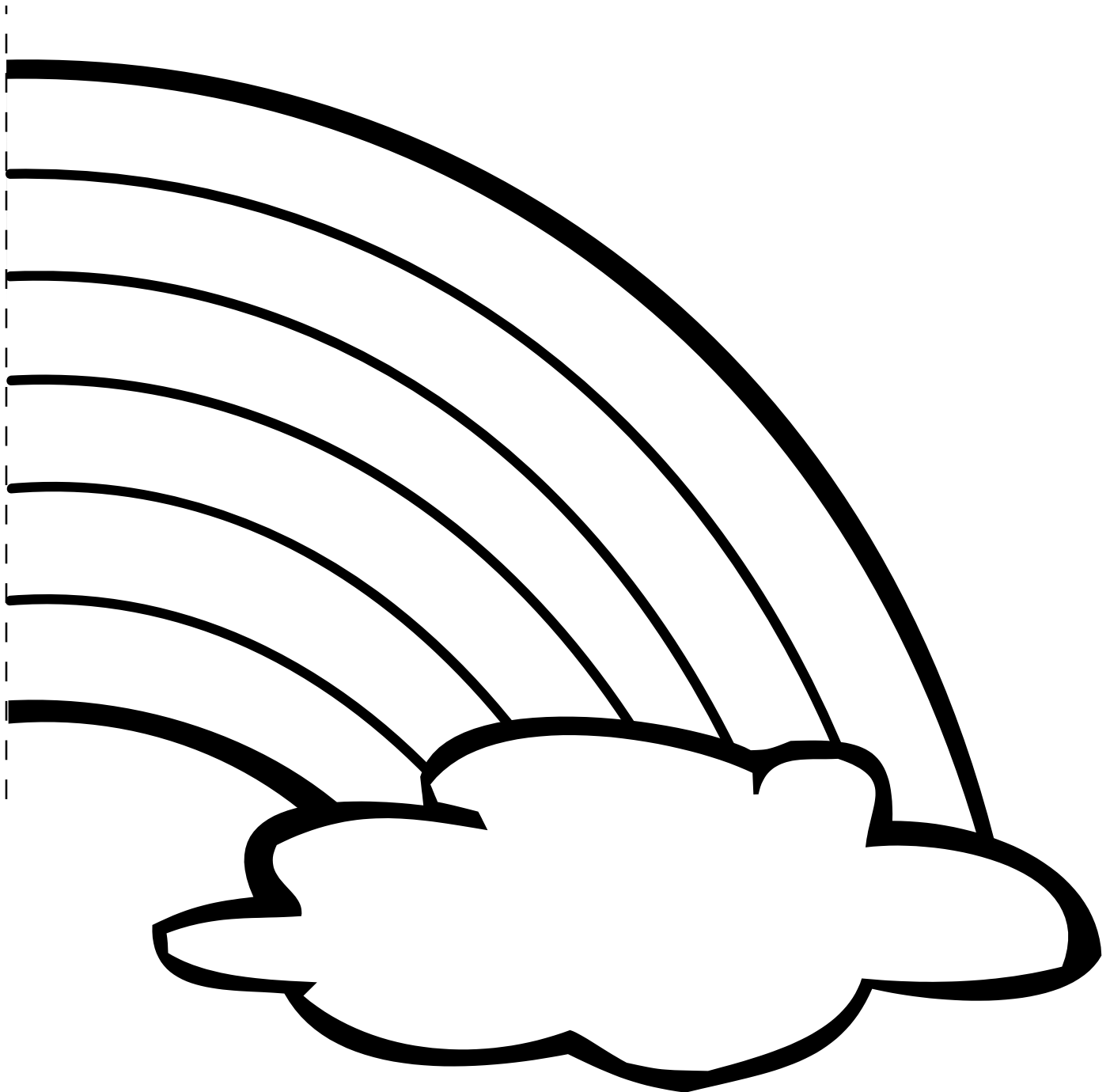
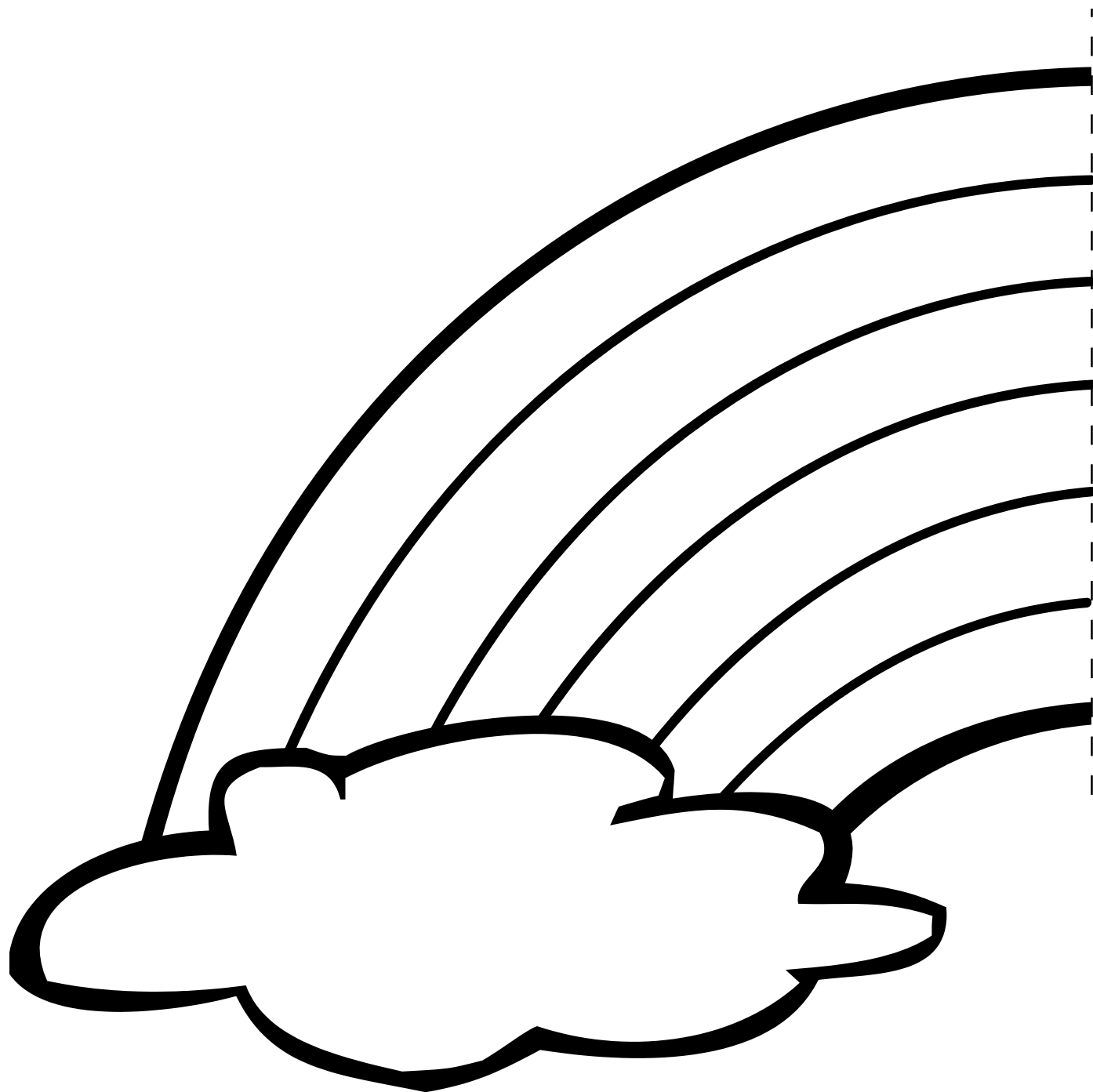


Energy Rainbow

Instructions: Cut out the two halves of the rainbow and join them by placing tape on the reverse side. Then, using crayons, color the rainbow (red, orange, yellow, green, blue, purple) and leave the clouds white. Tape your rainbow to an easel where your students will be able to reach it. Then color and cut out the foods on the handout. Ask students to identify the rainbow and its colors. Tell them that foods that give us energy come in lots of different colors, too – even all of the colors of the rainbow! Pull out one of the cutout foods and place a piece of tape on the back. Ask students to identify the food and its color. Students can take turns placing a food on the appropriate color on the rainbow or clouds.

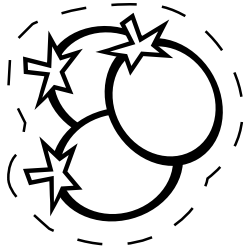




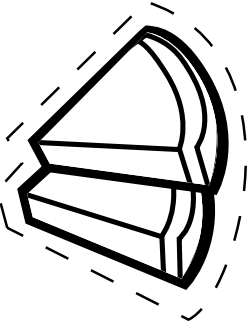
Energy



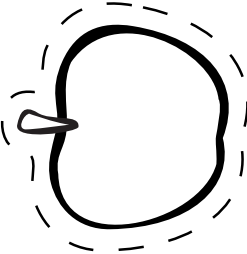
WITH
**READY SET
LEARN!**



tomatoes



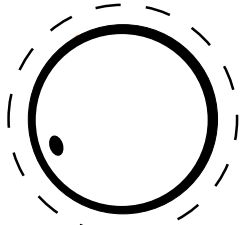
watermelon



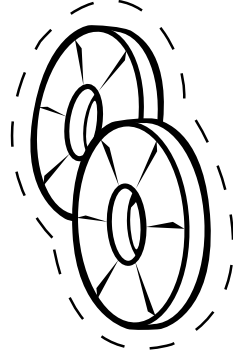
apple



carrots



orange



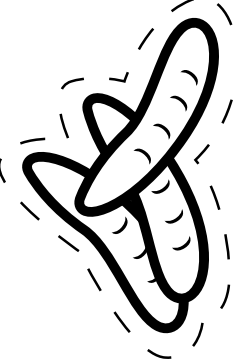
pineapples



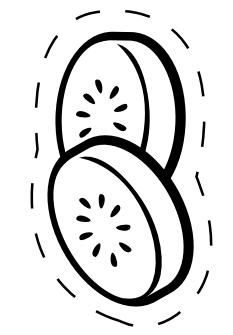
banana



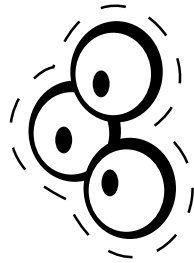
lettuce



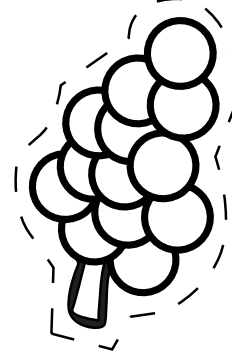
sugar snap peas



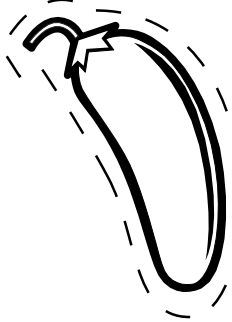
kiwi



blueberries



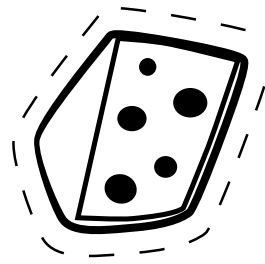
grapes



eggplant



mushrooms



cheese