

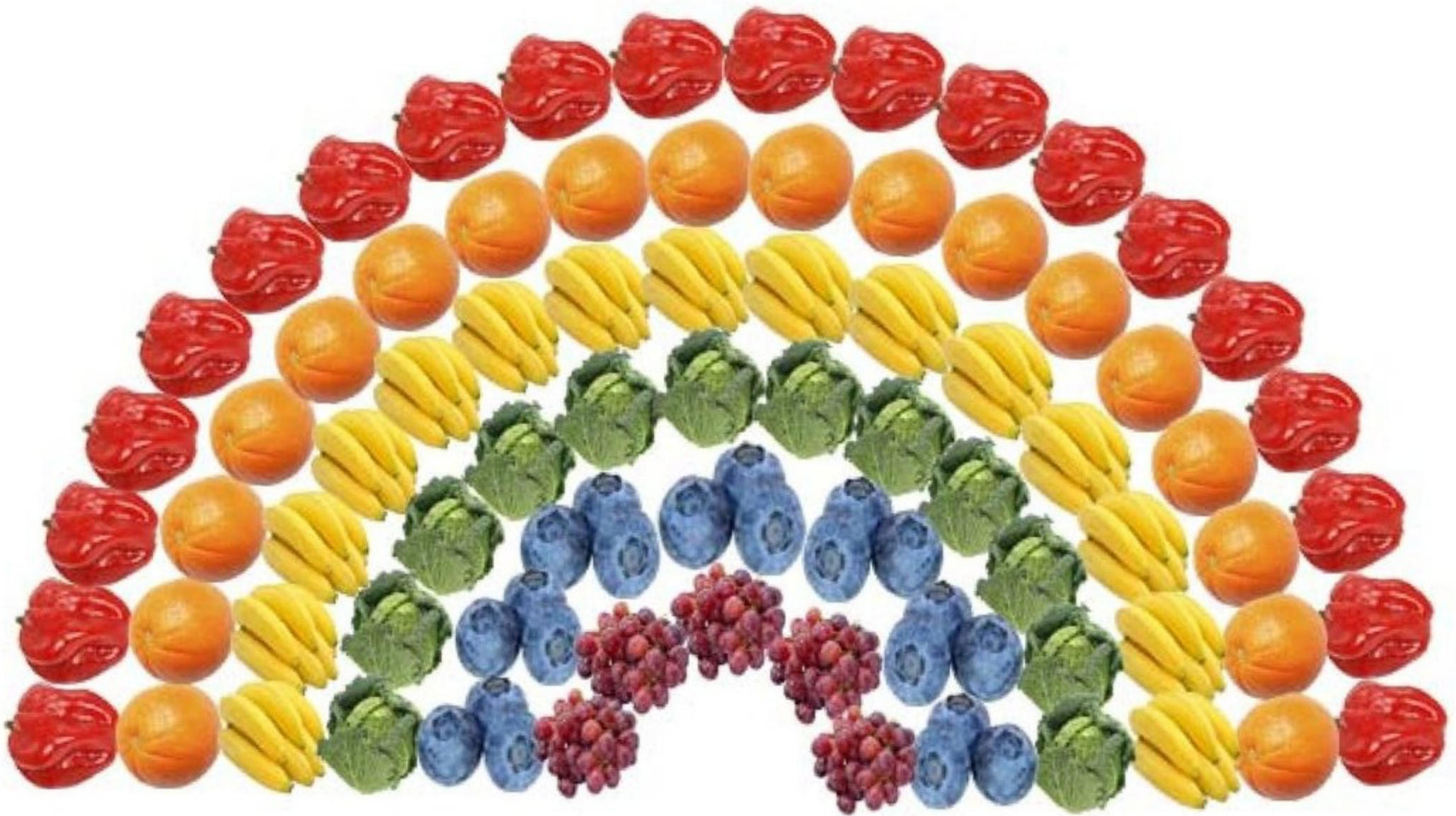
LEVELED BOOK • J

A Rainbow of Food

Written by Page Burdick

www.readinga-z.com

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Did you know that you can eat a rainbow? You can't eat a rainbow in the sky, of course. You can make a **healthy** rainbow out of all the different colors of fruits and vegetables.



A red apple can help keep your heart strong. Eat some slices of this fruit for a healthy **snack**.



Red raspberries can help keep you from getting sick. Eat a handful of this fruit instead of candy.



An orange carrot can help keep your eyes healthy. This vegetable is just plain fun to crunch between your teeth.



An orange is filled with **vitamins** that can help keep you from catching a cold. Squeeze this fruit for some tangy juice with breakfast in the morning.



A yellow banana can give you tons of **energy**. Peel and eat this fruit before you play.



Yellow corn can help keep your **stomach** healthy. Munch this vegetable right off the **cob** at a picnic.



A green avocado can help your body take in all the stuff it needs. Squish up this fruit to make a creamy dip for chips.



Green broccoli can help keep your bones strong. Pretend you are a dinosaur eating a tree and chow down on this vegetable.



Blueberries can help you remember things. Eat this fruit every day to help you do well in school.



Purple plums help food move through your body. Get sticky with a bite of this juicy fruit.



Purple grapes can help keep blood moving around your body. Toss a bunch of this fruit in the freezer and have a chilly treat.



These fruits and vegetables are just a few that can make up a food rainbow. Eating a rainbow every day is a fun and colorful way to stay healthy. How many colors will you eat today?

Glossary

- cob** (*n.*) the hard, middle part of an ear of corn (p. 9)
- energy** (*n.*) the power to do work, make a change, or move objects (p. 8)
- healthy** (*adj.*) good for one's health (p. 3)
- snack** (*n.*) a small portion of food that is eaten between meals (p. 4)
- stomach** (*n.*) an organ in the body that creates acid and enzymes that digest food (p. 9)
- vitamins** (*n.*) natural substances, usually found in food, that living things need for health and normal growth (p. 7)

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