

Name: _____

Eat the Rainbow: Super Foods, Super You

GRADES K-5 WORKSHEET

Print this worksheet and write in your answers below. If you do not have a printer, write your answers down on a blank sheet of paper.

1. Check in with yourself. Write down two words to describe how you are feeling right now.

2. Name three fruits or vegetables that the animals at Farm Sanctuary enjoy.



3. What is your favorite fruit, or what is your favorite vegetable? Why do you like it?

4. Why is it important to eat fruits and vegetables?

5. Color this rainbow to use for rainbow breathing!

