

A Rainbow of Anytime Snacks!



Ask your child
which are their favorites!

Orange: Oranges, tangerines, carrots, dried apricots, bell pepper

Yellow or White: Bananas, cauliflower, grapefruit, bell pepper

Red: Berries, radish, tomatoes, grapes, dried cranberries

Green: Celery, broccoli, kiwi, grapes, cucumbers

Blue: blueberries, fresh or frozen

Purple: Grapes, plums

Sense-able Celebration

Moose don't use dip to eat their veggies. Marty loves to eat them just like Mother Nature makes them. Explore what he appreciates about natural vegetables. Select a few choices from the rainbow above, and use your senses to:

- * **See:** What color and shape is it?
- * **Smell:** Is it sweet, strong?
- * **Hear:** Does it crunch?
- * **Taste:** Is it sweet, sour, bitter, salty?
- * **Touch/feel:** Is it juicy, dry, crunchy, soft; stringy, chewy?

