

Week 28 of Remote Learning

Rainbow of Foods

Eat Your Rainbow

<https://www.youtube.com/watch?v=1u5HOURq7kQ>

Learn about how different colored fruits and vegetables help your body in different ways. See if you can think of any others they do not mention. Also, try and identify your favorite fruit or veggie for each color category. I must warn you beforehand. The song in this video is quite catchy!

