

A Rainbow Recipe

You can eat a rainbow!

Rainbow Skewers

INGREDIENTS

Raspberries	Pineapple
Strawberries	Kiwi
Cantaloupe	Blueberries
Mango	Purple grapes

Wooden skewers

Wash your fruit. With an adult's help, hull the strawberries, peel and slice the kiwi, and cut the mango, pineapple, and cantaloupe into cubes. Arrange one piece of fruit on your skewer in the following order: raspberry, strawberry, cantaloupe, mango, pineapple, kiwi, blueberry, grape

ENJOY!

Who eats a rainbow? You do!

RELATED GROUP ACTIVITIES



After the children eat their rainbow skewers, poll them on their favorite fruits/colors. Who liked the blue fruit best? Purple? And so on. Compare the results. Which fruit/color was chosen more? Which was chosen less?



Try graphing the results of your poll in different ways, such as a "real" graph, a picture graph, a bar graph, or a tally chart.



You may want to serve a rainbow of juices, vegetable rainbow skewers, or even a rainbow smoothie, combining fresh fruits and vegetables of all colors in a blender.



Sort and classify! Cut images of fruits and vegetables from grocery ads. How many different ways can you sort? (e.g., color, size, shape, flavor-sweet, sour, etc.)