

Eat a Rainbow



Chorus:

**Eat a rainbow, start today
Put some colors on your plate
Eat a rainbow every day
Put some colors on your plate**



Verse One:

**Something red, what will you choose?
Apples, berries, good for you
Something red, what will you choose?
Tomatoes and cherries, good for you
Something green, what will you choose?
Broccoli and green beans good for you
Something green, what will you choose?
Lettuce and peas so good for you**



Chorus:

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Verse two:

**Something yellow, what will you
choose?
Eggs and cheese, so good for you
Something yellow, what will you
choose?
Corn and squash, so good for you**



**Something orange, what will you
choose?**

**Oranges, carrots so good for you
Something orange, what will you
choose?**

Yams and pumpkins so good for you



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Verse three:

**Something purple, what will you
choose?
Grapes and plums so good for you
Something purple, what will you
choose?
Eggplant and onions good for you
Something white, what will you choose?
Rice and noodles, good for you
Something white, what will you choose?
Milk and yogurt so good for you**



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