

PATCH Food Program Newsletter



March 2021

Eat the Rainbow

To “eat the rainbow” means to incorporate various colors of fruits and vegetables into one’s diet.

Eating fruits and vegetables that have different pigments provide various vitamins, minerals, and phytochemicals (different types of plant chemicals that can be an antioxidant and are beneficial for human health).

Having a diet rich in whole fruits and vegetables may help: reduce the risk of heart disease such as heart attack and stroke, obesity, type 2 diabetes, bone loss, and developing kidney stones and, may protect against certain types of cancers.



Physical Activity Corner

Green Light, Red Light

Print pictures of variety of foods

children run when they see foods they should eat all the time

children stop running when they see foods they shouldn’t be eating

children walk when they see foods they sometime eat.



Cooking with Your Children



Cheesy Sunflower

Cut cheese into round shape and peel tangerines

Children to put together their sunflower



Spring Flower

Provider children with whole grain crackers (round), grapes (cut half), and blueberries

Children put together their flower

Did you know?

There is the same amount of water on Earth as there was when the Earth was formed.

Nearly 97% of the world’s water is salty or otherwise undrinkable.

Water regulates the Earth’s temperature.

75% of the human brain is water, and 75% of a living tree is water.

Food for Thought

What do you give to a sick lemon?

Lemon-Aid

