



RAINBOW PIZZA

Large whole grain-rich pizza crust
Pizza sauce
2 1/2 cups rainbow color vegetables, diced
Mozzarella cheese, part skim, shredded

Cook crust according to directions. Add pizza sauce, cheese, and then let the children help you add the diced vegetables in a rainbow pattern. Rainbow vegetables ideas include tomatoes, carrots or orange peppers, yellow peppers, broccoli, and purple onion. Slice into 8 pieces.

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GROW YOUR BRAIN

Ninety percent of brain development occurs from pregnancy through age 5 and Iron, Omega-3 Fatty acids, Iodine, zinc, copper, Vitamin A, and folates are vital. Foods high in Omega-3 Fatty Acids help brain function and development. Serve foods like salmon, walnuts and soybeans. Vitamin A improves learning and memory and can be found in foods such as dairy, sweet potatoes, spinach, and cantaloupe.

COTTON BALL PAINTING

The children will need multiple cotton balls and rainbow paint. Have them create their own rainbow by stamping the paint with a cotton ball on construction paper. They'll have a beautiful picture and practice their fine motor skills!

FIND THE COLORS

Hide multiple, various color balls around the room or yard. Call out the first color to make your rainbow. The children will search for that color ball and bring it back. Repeat until they have found all of the colors of the rainbow.

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