



**GREEN CITY MARKET**  
NOURISHING CHICAGO SINCE 1999

# CLUB SPROUTS

## Rainbow Scavenger Hunt

Best Suited For Ages: 3+  
Time to Complete Activity: 30 minutes  
Estimated Cost of Activity: Free

### Activity Overview

Kids will learn to identify foods in a variety of colors and describe their characteristics, and nutrients, and health benefits.

### Materials

- Book: Eat More Colors by: Breon Williams
- Scavenger hunt sheet (page 2)
- Pencil or crayons
- Clipboard (optional)

### Instructions

- Print off the scavenger hunt sheet on page two
- Read the book "Eat More Colors" by Breon Williams, asking children questions like, "What is your favorite color to eat?"
- Explain the following characteristics of the following colors of foods:
  - Red: Red foods are a good source of folate which keeps our hearts healthy.
  - Orange: Orange foods keep our eyes, bones, and joints healthy!
  - Yellow: Yellow fruits and vegetables protect our skin from the sun and pollution.
  - Green: Green fruits and vegetables are rich in vitamin K which is essential for blood and bone health.
  - Blue and Purple: Blue and purple fruits and vegetables have been studied for their anti-aging properties and memory-boosting power!
  - White and Brown: White and brown foods keep bones strong and reduces inflammation.
- Go on a scavenger hunt in your kitchen! Ask the child to draw the fruits, vegetables, and other foods in each color of the rainbow.

Share your photos!

Hashtag: #GCMClubSprouts @Green City Market



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**RED**

**GREEN**

**ORANGE**

**BLUE + PURPLE**

**YELLOW**

**BROWN + WHITE**

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