



Dear Families,

We are excited to launch our 3rd annual **Eat the Rainbow** week here at P.S. 196 on **Monday, January 8th through Friday, January 12th!** At school, your child is learning about foods and how they are important to health.

During this week, we ask that you send your child into school wearing the designated color of the rainbow for that day. In addition to wearing the color of the day, we ask that you send your child in with a healthy snack of that color too!

We are sending home an optional packet for your child to complete and send back to school. We hope that this will be a fun and engaging activity for everybody, as we promote healthy eating!!

Monday: Green Cucumbers and Pickles

Tuesday: Orange Carrots and Oranges

**Wednesday: Blue/Purple Purple Red Cabbage, Purple Grapes,
Blueberries**

Thursday: Red Apples and Red Peppers

Friday: Yellow Bananas and Chickpeas

The examples below can give you some ideas of how you can use teachable moments to help your child learn healthy eating habits.

“*Why ...?*” is every child’s favorite question. One of the ways children discover their world is by asking questions. The natural curiosity of a child leads to unplanned times for learning. These unplanned times are called teachable moments, when a child is ready to learn something new.

A parent is a child’s most important teacher. Your child will have other teachers over their lifetime, but you have more times than anyone else to teach your child. You teach your child by answering questions, by playing with your child, and by being a good example.

You can use everyday events as valuable learning times for your child. Discover what your child has learned and take time to reinforce that learning. Keep it fun! If your child begins to lose interest, move on to something else.

During story time: Sometimes an event in a story will lead to a natural discussion about food. For example, in the well-known story *Little Red Riding Hood*, the girl is taking a basket of healthy foods to her grandmother who is sick. After reading this story, you could play an imaginary game with your child. Pretend you are putting together a basket of healthy foods. Talk to your child about the foods. Ask your child what Little Red Riding Hood should take to her grandmother. Ask the child to describe the taste and appearance of the foods.

During active play: Talk with your child about how playing is good exercise that helps them grow and feel good. Food gives children energy to run and play. Offer and encourage children to choose fresh fruits and vegetables as snacks, rather than sweets or high-fat, salty snacks.

During mealtime: Food is often a point of discussion at mealtimes. Talk about foods in a positive way. Ask your child to name foods

and describe them (color, taste, smell). Be an example for healthy eating habits.

Meal preparation: Children like to help and they like to watch adults prepare foods. This is a good time to talk about foods. Children use all of their senses when learning about food. Think of ways to let them touch, smell, taste, hear, and see the food.

Have fun.

Very truly yours,

Mrs. Lieberman

Eat a RAINBOW everyday!



_____ 's Rainbow Chart
Name



	Red	Orange	Yellow	Green	Blue	Purple	How many colors did I eat today?
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							