

Food Smarts Kids

Food Smarts Kids is a learner-centered nutrition education and cooking curriculum, which covers a variety of core nutrition principles including: eating a variety of foods, choosing whole foods, consuming water more often, and physical activity. Cooking at home from whole ingredients, fresh food, or minimally processed foods are encouraged.

This curriculum offers flexibility to meet the needs of your site and schedule and can be delivered in 30 minutes, 60 minutes, or 90 minutes. There are 5-6 lessons per series that can be implemented weekly, bi-weekly, or monthly. The lessons can be delivered in-person, virtual live, and pre-recorded.

Eat the Rainbow!

★ Which color do you eat the most? Eating a variety helps your body stay healthy.

★ Green Foods

- » Lower your chance of getting cancer
- » Keep your eyes healthy
- » Keep your bones & teeth strong

TRY IT!

spinach
celery
green beans
broccoli
cabbage
bok choy
cucumbers
asparagus

kale
artichokes
honeydew
green grapes
green apples
limes
avocados



★ Yellow & Orange Foods

- » Keep your heart healthy
- » Keep your eyes healthy
- » Lower your chance of getting cancer
- » Keep you from catching colds

TRY IT!

carrots
sweet potatoes
yellow peppers
pumpkins
pineapple
papayas

cantaloupe
tangerines
mangoes
oranges
lemons
peaches



★ Red Foods

- » Keep your heart healthy
- » Keep your bladder healthy
- » Keep your memory strong
- » Lower your chance of getting cancer

TRY IT!

tomatoes
red peppers
red cabbage
strawberries
cherries

watermelon
red onion
red apples
beets



★ Blue & Purple Foods

- » Stay healthy when you get old
- » Keep your memory strong
- » Keep your bladder healthy
- » Lower your chance of getting cancer

TRY IT!

eggplant
purple cabbage
raisins

blueberries
blackberries
purple grapes



★ White Foods

- » Keep your heart healthy
- » Have good cholesterol levels
- » Lower your chance of getting cancer

TRY IT!

onion
green onion
cauliflower
chives
mushrooms

ginger
garlic
jicama
fennel



Kids will receive a workbook with all the handouts and fun activities.



*Includes healthy lifestyle discussions and tips