

Eating the Rainbow



Storytime Activity Guide

Eating the Rainbow

written and illustrated by Star Bright Books

Babies explore a colorful rainbow of foods from red strawberries to green broccoli in this board book. With each turn of the page, young children learn about different colors and foods.

Did you know?

A large **vocabulary** helps children express themselves and learn new words and new concepts quickly. As you share *Eating the Rainbow*, point to and name the different colors and foods depicted on page.



Words to Practice

red
orange
yellow
green
purple
pink
white
brown

Talk about it!

Babies and very young children may not be talking yet or have a big enough vocabulary to answer you.

Even if you are answering your own questions, every time you talk with your child about the colors, foods, and images you see in *Eating the Rainbow*, you are building their vocabulary!

- Which of the foods on each page have you tried eating?
- Are there any foods that you really enjoy? Any foods you don't like? Any foods that you once did not like but really enjoy now?
- Talk about how the food grows. Does it grow from a tree, from under the ground, off of a plant?

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Create!

Taste and touch are natural ways for young children to learn about the world. Gather a few food items and talk about texture and flavor. For example, say: "This is an apple. It is smooth, firm, and red. When we bite into it, it makes a crunching sound." Even if your child is not eating solids yet, you can pick larger food items that are safe for them to touch or mouth.

Materials needed:

- 3-4 food items that are a safe size for your child
- small bowls
- tupperware
- plastic baggie to hold food items



1. Pick 3-4 food items from your home. These can be foods that your child can eat, or it can be foods that are large enough for young babies to safely explore with their hands and mouth.

Tip: You can put smaller foods in a plastic bag so that your child can feel the texture. Always watch your child when playing with small foods or items that could be a choking hazard.



2. Put the foods out in a place where your child can touch them. Possible locations are in a highchair, on the ground on a towel, or any easy to clean surface.

3. Let your child pick up and explore the foods. As they touch and explore each food, talk about it:

How does the food feel? Is the food crunchy, sticky, chewy, or crumbly? If appropriate, let your child touch or mouth the food.

What does the food taste like? Is it sweet, bitter, or salty? If appropriate, let your child taste or mouth the food.

4. Try again with as many new foods as you like!



Play

Children of different ages will need different levels of support. Babies will watch you play the game, while toddlers may be able to find the matching colors with little or no help from you and answer non-verbally or with yes, no, or 1-2 words.

1. Go on a scavenger hunt for items in your home that match the different colors you see in *Eating the Rainbow*.
2. Ask your child, "Can you find something that is red? Yellow? Green?"
3. Count together how many of each color you found.
4. Which color do you have the most of? Which one do you have the least of? Do you have more red strawberries or more green grapes? How do you know?

