

National Let's Eat Right Day (February 25)

Eat the Rainbow Word List: Initial Letter

List healthy words that **begin with the first letter** of each color of the rainbow (e.g., r = radish, o = orange, y = yellow pepper, etc.)

r (red)	
o (orange)	
y (yellow)	
g (green)	
b (blue)	
i (indigo)	
v (violet)	
and/or	
p (purple)	

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Eat the Rainbow Word List: Initial Letter Answer Key

r (red)	raspberries, red apples, red bell peppers, raisins, roasted sweet potatoes, radishes, romaine lettuce, red lentils
o (orange)	oranges, oatmeal, orange bell peppers, olive oil (for cooking), oven-roasted carrots, okra, onions, olives
y (yellow)	yellow bananas, yellow bell peppers, yellow corn, yogurt, yellow watermelon, Yukon gold potatoes, yams, yellow squash
g (green)	green grapes, green apples, green beans, guacamole, garden peas, garlic, ginger
b (blue)	blueberries, blackberries, bananas, baby carrots, broccoli, black beans, beets, brussels sprouts
i (indigo)	Iceberg lettuce, Italian plums, Inca berries (dried golden berries), instant oatmeal, Italian parsley
v (violet)	vanilla bean, vanilla yogurt, Victoria plums, veggie chips (homemade from zucchini or sweet potatoes), violet grapes, vinegar
and/or	
p (purple)	pineapple, peaches, peas, peanut butter, pumpkin muffins, papaya, pomegranate

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Eat the Rainbow Word List: Same Color

List healthy words that **are the same color as** each color of the rainbow (e.g., red = strawberry, orange = carrots, green = grapes)

red	
orange	
yellow	
green	
blue	
indigo	
violet / purple	

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Eat the Rainbow Word List: Same Color Answer Key

red	Raspberries, Red apples, Red bell peppers, Strawberries, Cherries, Watermelon
orange	Oranges, Carrots, Orange bell peppers, Sweet potatoes, Cantaloupe, Mango
yellow	Bananas, Yellow bell peppers, Corn, Pineapple, Yellow watermelon, Yellow squash
green	Green grapes, Green apples, Broccoli, Green beans, Kiwi, Peas, Avocado
blue	Blueberries, Blackberries (look dark but have blue tones), Blue corn, Blue potatoes
indigo	Indigo tomatoes (also called "midnight snack" tomatoes), Black grapes (often have an indigo tint), Purple carrots
violet / purple	Purple grapes, Plums, Purple cabbage, Eggplant, Purple sweet potatoes, Blackberries



thank you for downloading!

Some Resources You May Find Useful

THEMED 1-2 PLAYER ARTICULATION GAMES

FIRST TO 50: SCHOOL THEME TWO

ALL PHONEMES

34 THEMES, 50 - 100 TRIALS

PRINTABLE

FOLLOWING DIRECTIONS TASK CARDS

SEASONAL BUNDLE

SUMMER • FALL • WINTER • SPRING
PLUS BACK TO SCHOOL!

PRINTABLE

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Feed the snow people

Articulation Practice Set #1:
INITIAL CONSONANTS

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Digital BOOM™ CARDS

Boom Cards

Find my snack

Articulation Activity for
TH with GIFS

all word positions

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