

Dear Family, in class today we made a rainbow of fruits and vegetables.

**Did you know?**

- Fruits and vegetables come from plants.
- Fruits and vegetables help to keep us healthy.
- We eat fruits and vegetables. They are the colors of the rainbow.

**Ask your child:**

- Tell me some fruits that are the colors of the rainbow.
- Tell me some vegetables that are the colors of the rainbow.
- Describe how you made a rainbow.

**Vocabulary:**

- rainbow – a curved arc of light. It has many colors.
- fruit – a part of a plant. It has seeds and flesh.
- vegetable – a plant that is used for food.
- characteristic – a way that something is different from other things.
- texture – the look or feel of something.
- sort – to put things into groups.

**Activity:**

Have your child help you prepare a meal. Have your child name the colors of the foods. Write the names of the colors of the foods on a sheet of paper, and send it to school to share.