

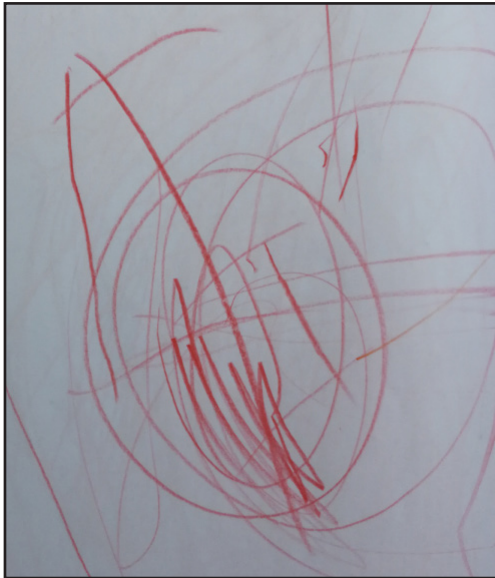
Cooking with Colours



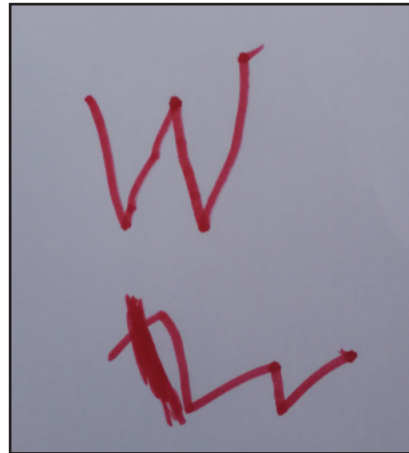
N2B's Understanding of
Eating the Rainbow

What can we cook that is **RED**?

Potato >



^ Watermelon



< Apple

How to Cook with Red

Fruit: Strawberry Applesauce

What we **need:**

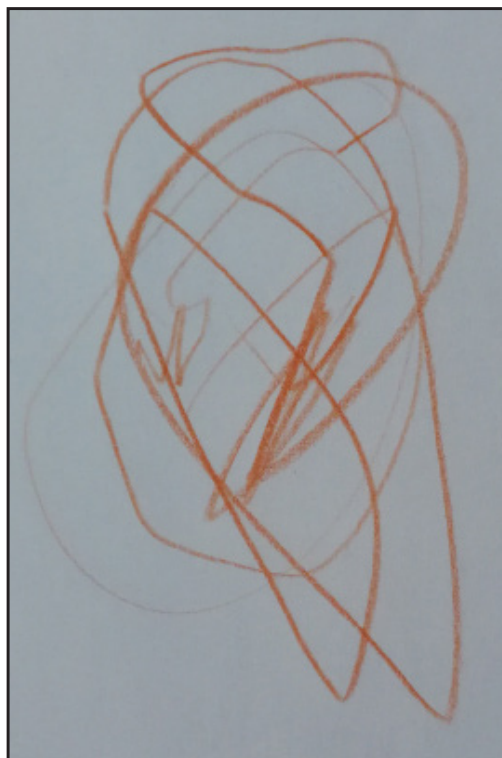


What you **do:**



What can we cook
that is **ORANGE**?

Carrot >



< Mango

How to Cook with orange

Grain: Butternut Squash Macaroni and Cheese

What we need:



What you do:



+



→



+



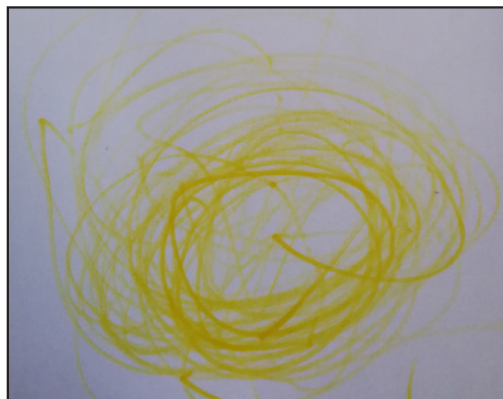
What can we cook that is **YELLOW**?



< Ice Cream



^ Potato



Banana >
It is round.

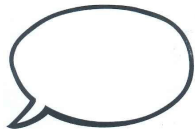
How to Cook with Yellow

Appetizer: Hummus with Pita Chips

What we need:



What you do:



4

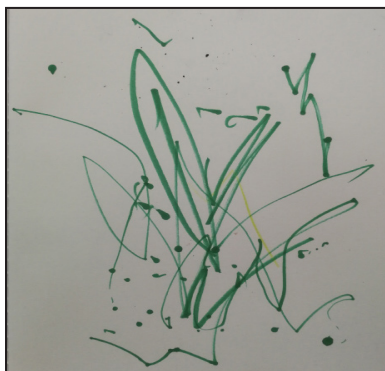
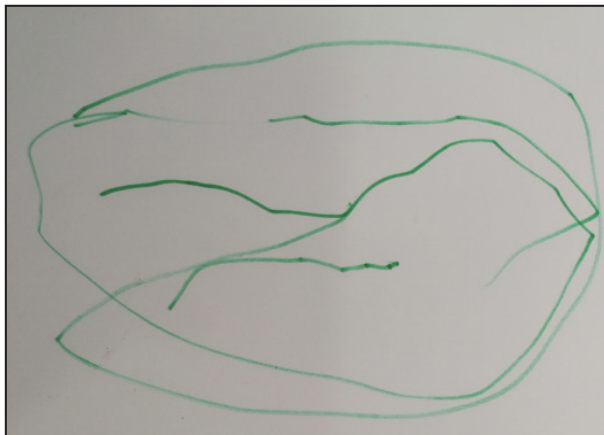


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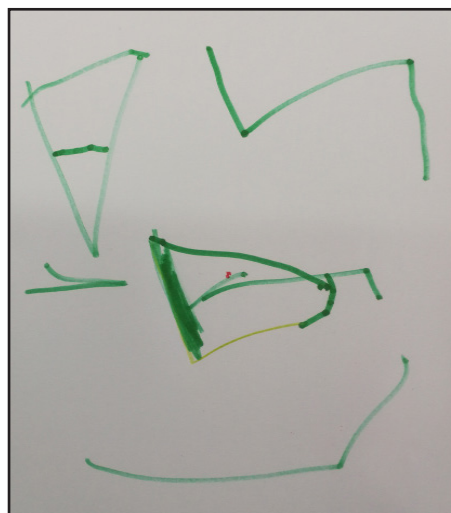
What can we cook that is GREEN?

Cucumber >



^ Apple

Salad >



How to

2 1/2 hrs green

Protein/Meat: Spinach-Chicken Quesadillas

What you need:



What you do:



4

5

6

7

8

9

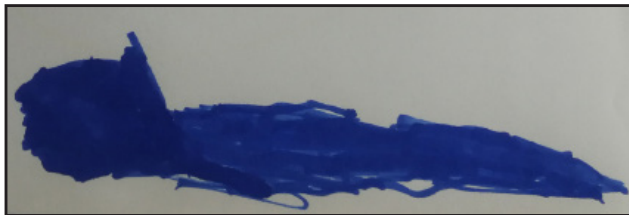
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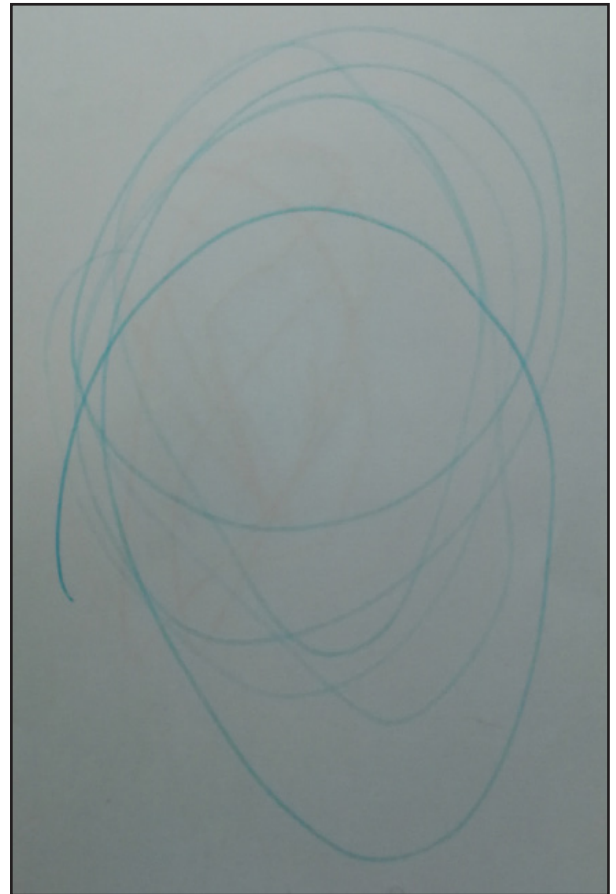
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What can we cook that is **BLUE**?

Blue Food >



^ Apple



^ Blueberries

How to 19 Cook with Blue

Dessert: Blueberry-Lemon Hand Pies

What you need:



What you do:



4

5

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7

9

7

2

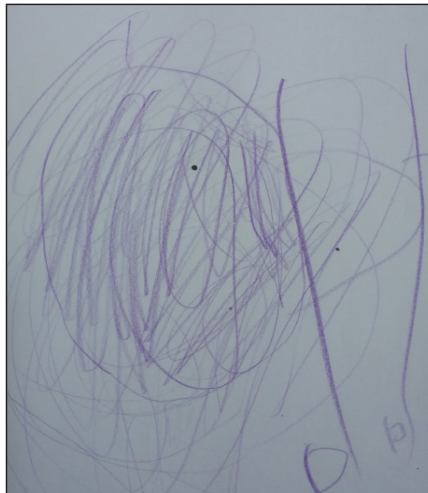
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What can we cook that is **PURPLE**?

Potato >



^ Hot Dogs



< Apple

How to cook with Purple

Vegetable: Sweet Potato Fries

What we need:



What you do:

