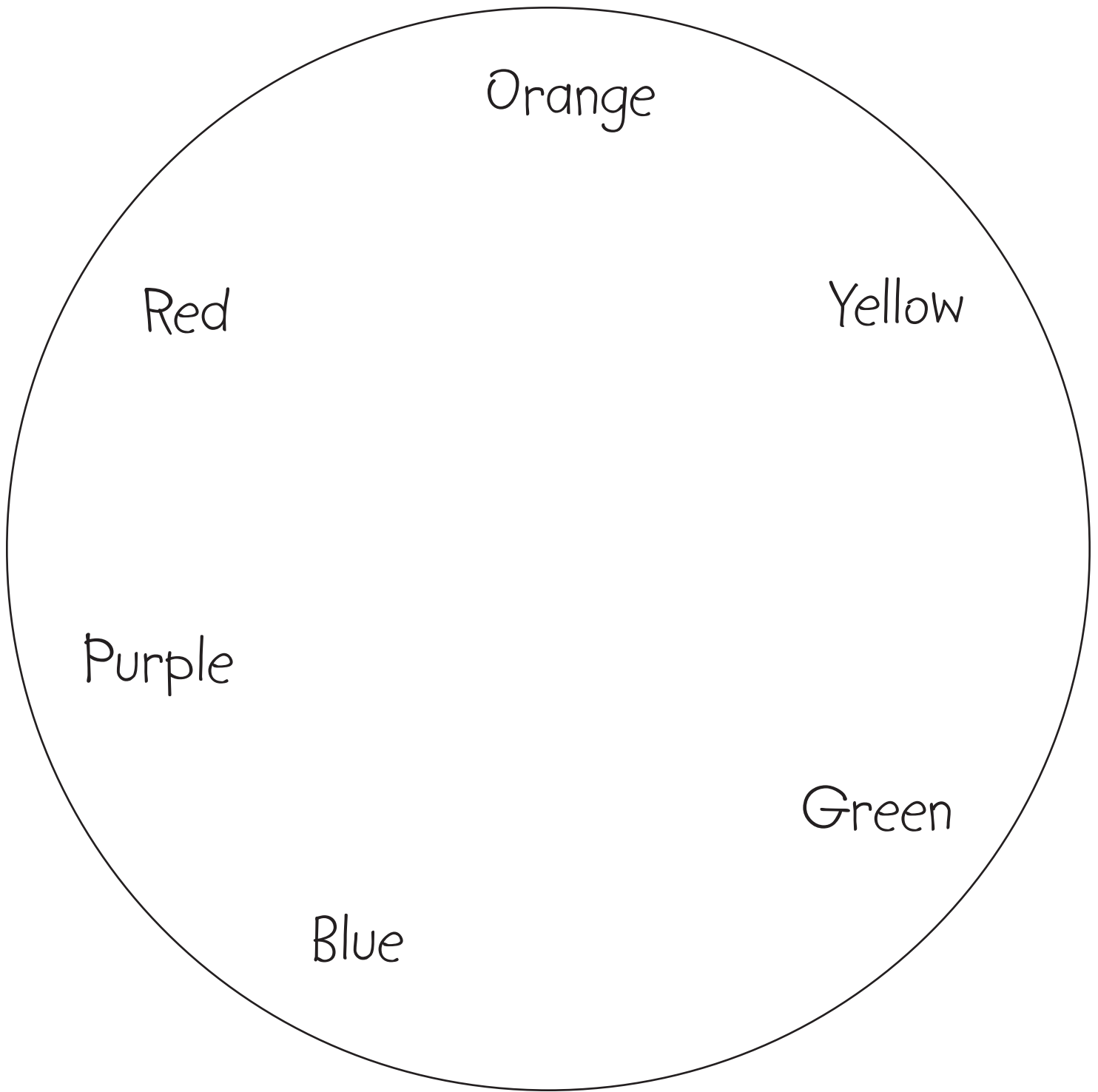


# Make A Rainbow On Your Plate



Eat by the light of a rainbow. Place food on your plate in such a way that it creates a rainbow on your plate. Use lots of room for things that are green. Go to the next page, RAINBOW MENUS, to create some of these rainbow meals.