BEEF LOVING TEXANS®
TEXAS BEEF COUNCIL

COLOR YOUR POWER

Did you know that some of the pigments that give foods their color are actually vitamins?!?

It is important to have as much color in the foods that we eat as possible. For example, beta-carotene (a type of vitamin A), is the pigment that gives carrots their orange color.

In this lesson, explore the variety of color in food and the variety of foods in each color!

INSTRUCTIONS:

For two days, keep track of the colors of food you eat. At the end of the second day, find the sum of:

1. All of the colors you ate;
2. All of the foods you ate in each color.

Use this example as a guide to track your food for this activity. Challenge yourself by tasting new foods and bring on those colors!!!

DAY	COLOR	FOOD
Monday	yellow	yellow pepper
	orange	carrots
	red	ground beef
	green	peas
Tuesday	purple	egg plant
	red	tomato
	green	zucchini
	orange	sweet potato
	red	steak

Total colors eaten: 5

Total foods / color: red = 3, orange = 2, green = 2, purple = 1, yellow = 1

DAY	COLOR	FOOD

Total colors eaten: _____

Total foods / color: _____