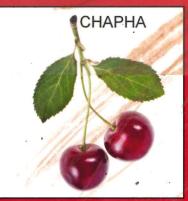




APPLE



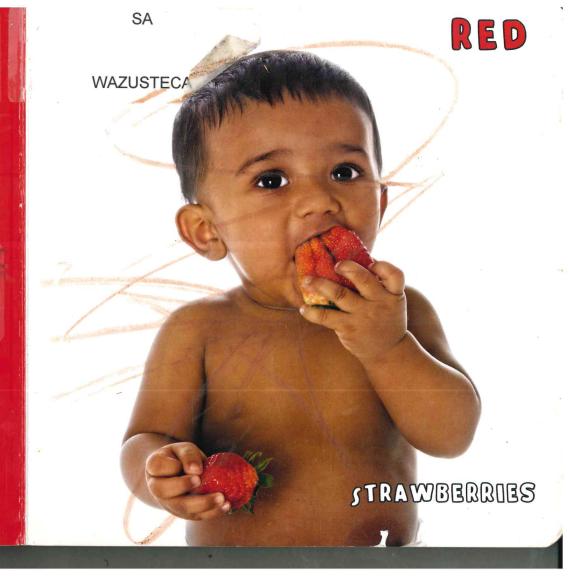
CHERRIES



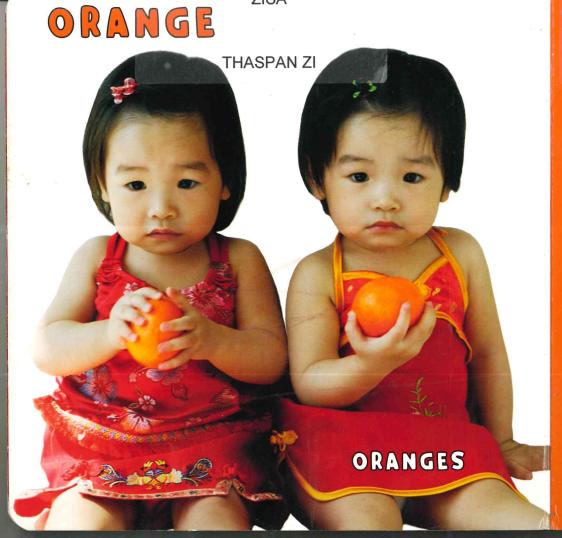
RASPBERRIES



TOMATO

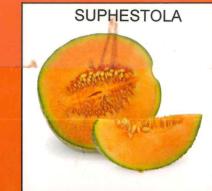


ZISA





PUMPKIN



CANTALOUPE

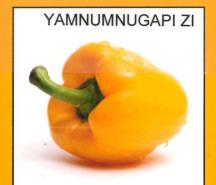


PEACH

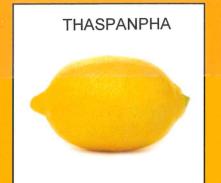


CARROTS

CORN



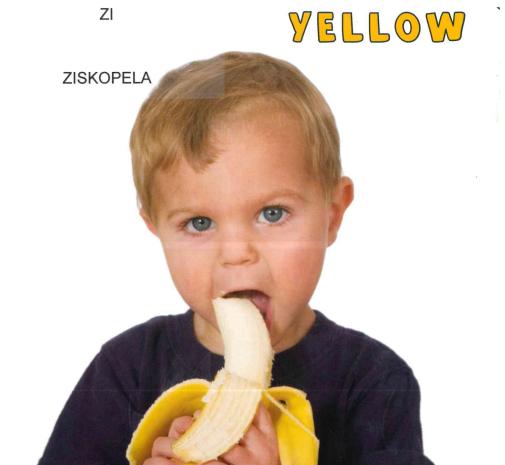
PEPPER



LEMON



PINEAPPLE



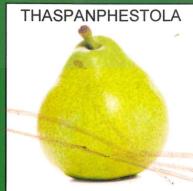
BANANA

GREEN

THOZI

CHUNWIYAPEHE









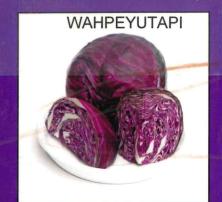
BROCCOLI



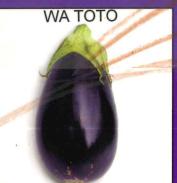
KIWI



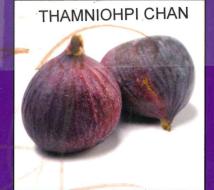
PEAS



CABBAGE



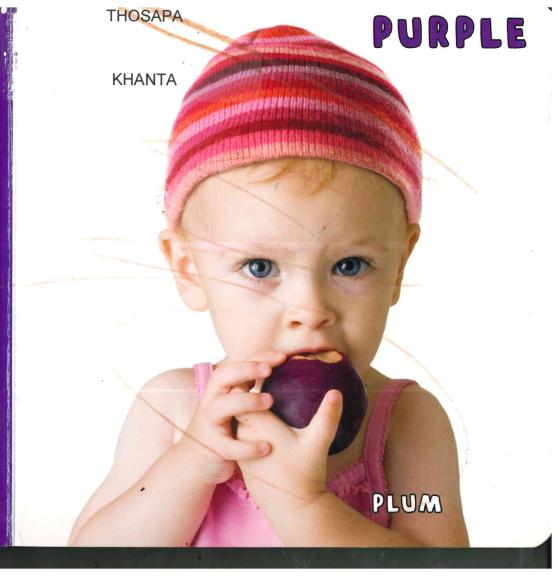
EGGPLANT

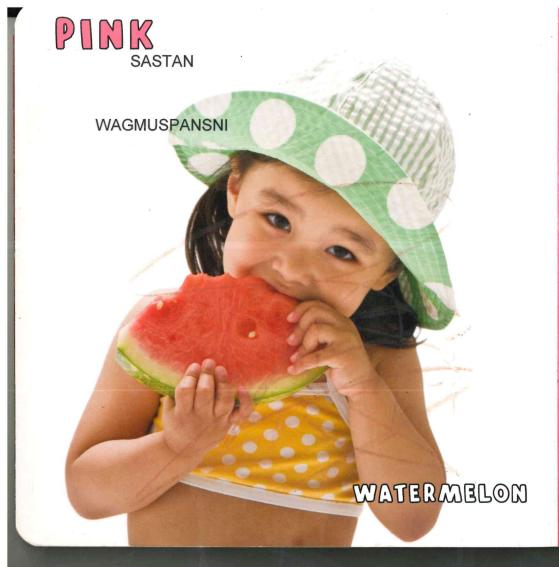


FIGS



GRAPES







GRAPEFRUIT



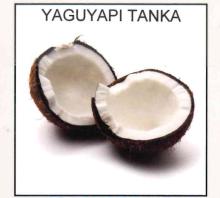
RADISH



LITCHIS



GUAVA



COCONUT



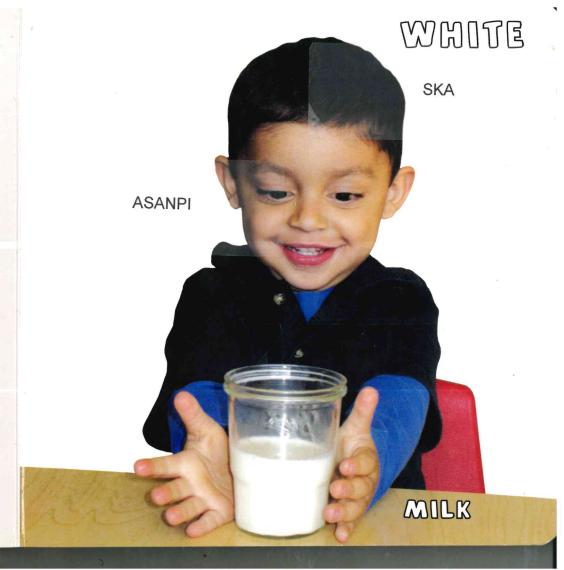
EGGS

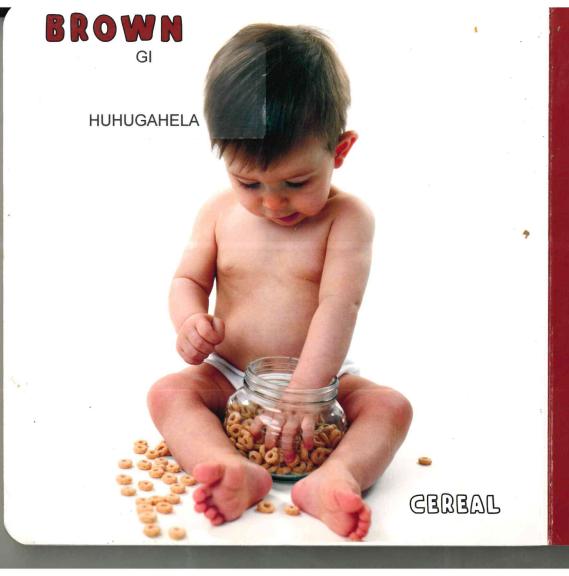


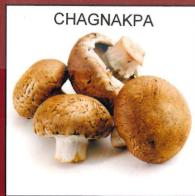
CAULIFLOWER



CHEESE













POTATO



RAISINS

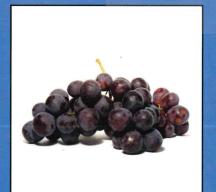
YAHUGAPI

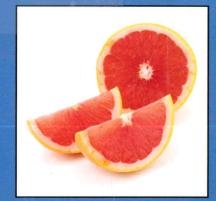


NUTS



WOYUTE NA OOWAPI IYEYAKIYE OYAKI HE?





Which foods and colors









can you name?

Eating the Rainbow

Babies Everywhere™

This book will encourage children to eat healthy foods. But be sure to keep these food safety tips in mind when sharing food with your children:

- ▶ Cut all foods into bite-sized pieces to prevent choking.
- ▶ Never leave your child alone with food.
- ► Check with your pediatrician before introducing common allergens such as nuts, dairy, and wheat.
- ► Make sure your child sees you eating a rainbow of foods!

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