



**EAT!** fūdoo fun activity  
Rainbow Meal Song—I Can EAT a Rainbow

#8

Do you know what a Rainbow Meal is?  
It is when your meal hits all fūdoo food groups!

Red (Fruit), Orange (Grains), Green (Veggies), Blue (Dairy), Turquoise (Water), and Purple (Protein).

This song goes to the tune of "I Can Sing a Rainbow". Watch out – it's catchy!

Red, and orange and green and blue, turquoise and purple too.  
I can EAT a rainbow, EAT a rainbow, EAT a rainbow too.  
Chew it with your teeth.  
Taste it with your tongue.  
And feel all the energy.  
I can EAT a rainbow, eat a rainbow, share a meal with me.  
Red, and orange and green and blue, turquoise and purple too.  
I can EAT a rainbow, EAT a rainbow, EAT a rainbow too.



**MOVE!** fūdoo fun activity  
The Long Jump

#8

Remember doing the long jump in gym class for the Presidential Fitness Test? I do. This past summer I was trying to eek in a run at a local high school track, when my kids found the long jump area on the field. They had so much fun running and jumping into the sand pit, I decided it was one of those activities that I could modify to become an indoor winter activity.

All you need is a long hallway or open area. Remember safety first, not around steps or ovens or sleeping animals! Just use your common sense. Grab some string. You need a long piece for the starting line. Can you anchor it down with tape? Next your kids need a string to mark their jumps. If you have a couple colors use different color string for each child. If not, put a knot in one and two knots in the other.

Go ahead, use those leg muscles! Think like a kangaroo, frog, or a grass-hopper. If it is warm enough outside get out there with some chalk to mark your lines. Make sure Mom, Dad, teacher, or babysitter jump too!



**DRINK!** fūdoo fun activity  
Non-Plastic Water Bottles

#8

Tired of throwing out your plastic water bottles?

Take a look into the stylish, eco-friendly alternatives. Our family members each found an aluminum SIGG bottle in our Christmas stockings last year. Everyone has their own design and we use them everyday.

SIGG isn't the only company out there making plastic alternative bottles, so keep an eye out.

Here is SIGG's website address:  
<http://www.mysigg.com>



**THINK!** fūdoo fun activity  
Share a Holiday Meal or Gift

#8

The holidays are here and it's our big opportunity as parents and teachers to model giving, volunteering and caring behaviors to those people around us. Take some time this season to move your child away from their "wants" and think about giving to someone less fortunate.

Opportunities for giving to those less fortunate abound in America's towns during November and December. Take a look in your newspaper, listen to the radio or ask your child to get some different ideas for giving gifts, sharing a meal or volunteering in some way to experience the goodwill that exemplifies the holiday season.

Try to nurture the "giving" learning opportunity for your children by including them in the choosing of the charity, wrapping the gift together or donating their time. They will never forget it!