

# A rainbow of foods will make you smile

Skyler eats a rainbow of fruits, veggies and more to stay healthy. It makes eating fun! Make a rainbow using tasty and healthy foods. Just cut out or draw some colorful foods that are good for you on the plate below.

See Skyler's ideas to get started! Together, these foods can help strengthen your teeth and gums, prevent cavities and clean your teeth. Isn't that awesome?!

