



What detective skills will make you the best?



The best detectives have all the right skills. The only way to have all the skills is to eat from all the colors of the rainbow! Each color provides a different healthy skill to solve every mystery. Filling your plate with all of the colors will help fill your body with all of the vitamins and minerals you need to become the best detective you can be!

Color	Example Foods	Healthy Detective Skill
Red	Apples, Red Peppers, Strawberries, Tomatoes, Cherries, and Watermelon	Helps your heart and brain stay healthy
Orange & Yellow	Cantaloupe, Carrots, Butternut Squash, Lemons, Mango, Oranges, Sweet Potatoes, and Bananas	Keeps your eyes and heart healthy and helps fight off sickness
Green	Asparagus, Broccoli, Collards, Cabbage, Cucumbers, Peas, Spinach, and Grapes	Helps your bones and teeth stay strong
Blue & Purple	Eggplant, Beets, Blueberries, Blackberries, Figs, Grapes, Plums, and Red Onion	Keeps your memory sharp
White & Brown	Garlic, Ginger, Jicama, Mushrooms, Onions, Potatoes, and Cauliflower	Helps your heart stay healthy