Rainbow Salad

Eating foods in a variety of colors helps fight all kinds of diseases and makes you feel better, too.

Red—May help fight some cancers; helps fight colds; helps keep the heart healthy and helps us see at night.
Orange—May help fight colds; aids in developing a healthy heart; may help prevent cataracts; as a scrub brush for inside the body (cleans out the digestive system).
Yellow—Aids in scrubbing out the body and may help prevent hypertension.
Green—May help fight some cancers; helps prevent cramps of legs and arms; helps us see at night; acts as a scrub brush for inside the body (cleans out the digestive system).
Purple—May help fight some cancers; helps develop red, strong blood that carries oxygen from the lungs.

1. Scrub or peel the vegetables
2. Cut into bite-size chunks.
3. Have students sort the vegetables by color.
4. Place the vegetables in the bowl one color at a time, and talk about the health advantages of each color.
5. Mix the ranch-style dressing with the cottage cheese.
6. Toss all the vegetables together with the dressing.
7. Serve and eat.

Ingredients

- carrots
- squash
- broccoli
- red cabbage
- green, red and yellow peppers
- spinach
- cherry tomatoes
- corn
- celery
- ranch-style dressing
- cottage cheese
- large clear glass bowl