

Eat the Rainbow: How to Play!

Make sure you have: (1) game board (2) cards (3) die (4) game pieces (5) breakfast, lunch, dinner, and snack plates

Set up the board

- Organize the cards in 5 piles, one for each color
- Lay out your 4 plates on the table
- Place all of your game pieces/beads on START

Roll the Die

- A player rolls the die
- Move forward the number of spaces shown on the die (1-6)
- If you land on the yellow space next to the ladder, you can slide across

Pick up a Card

- Pick up a card that matches the color space you landed on
- Your card will have either a fruit or vegetable

Fill Your Plates

- Put your fruit or vegetable on one of your 4 plates
- You can mix and match any fruits and vegetables in any meal
- Return to "Roll the Die" so the next player can go

How to Win

- Fill your plates with 3 fruits and 5 vegetables to win

Common Questions

- If you reach the end before anyone has won, go back to START and keep playing.
- If you get a fruit or vegetable but you already have enough, discard it.

