Provide your kids with a selection of fruits that represent the colors of the rainbow and let them create an artistic masterpiece on their plates before eating it up!

- **Red** – strawberry or raspberry
- **Orange** – orange, apricot, mango, or peach
- **Yellow** – pineapple or yellow watermelon
- **Green** – kiwi or green grapes
- **Blue** – blueberries
- **Indigo** – purple grapes
- **Violet** – blackberries

**Metal or wood skewers**

**Directions:**

Cut up the fruit, place in skewers in the order of the rainbow (remember using the acronym ROY G. BIV) and enjoy!

**Bon appétit!**