

Color-fest

Color in food indicates certain vitamins and minerals. How good are you at eating a wide variety of fruits and vegetables?

Goals:

1. To improve the amount and variety of nutrients you consume
2. Assess what areas you lean towards and what areas of nutrition you need to improve in.

Rules: Consume 40 servings of fruits and/vegetables in each color. Check off 1 number if you consume a certain color that day.

40 servings of **greens**

40 servings of **yellows**

40 servings of **orange/earth tones**

40 servings of **reds/blues/purples/other**

Name: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

Post Participation Survey

1. Did you like this challenge? Yes ____, No, ____ Maybe ____, Not sure ____
2. What difficulties did you have completely this challenge:

3. On a scale of 1-10 how difficult was this challenge for you personally? _____
(1=easy, 10 extremely difficult)
4. On a scale of 1-10 did this challenge make you have to reach and work to meet you the goal?
_____ (1=easy, 10 extremely difficult)
5. Did you notice a bias you have towards nutrition and certain colors of fruits and vegetables you consumed regularly? Yes ___/No ____. What colors did you tend to eat more of? _____
6. What colors do you lack or not consume regularly? _____
7. One a scale of 1-10 did this challenge create more awareness on your eating habits. _____
(1=no change/10= very aware)