

Meet Regie, from Regie's Rainbow Adventure®! Regie is a broccoli superhero who travels to different islands based on the colors of the rainbow. He meets new fruit and vegetable friends and earns his power stripes by eating healthy foods and being physically active.

What fruits and vegetables do you like to eat? What would you like to try? Draw them next to Regie after you color him in!





As you can see, Regie loves to get his exercise by riding his bike and playing soccer. Color in the picture above, and then draw how you like to be physically active in the space below.

Regie is on the move with his favorite fruits and vegetables! Can you name and color in all the foods you see in his basket? Regie has a bunch of carrots in his other hand. Did you know carrots come in all different colors? They can be orange, purple, and yellow! Don't forget to color in Regie and his carrots, too.



Look at all the friends Regie makes while travelling to the different colored islands of the rainbow!

Can you name them and color them in?

Mr. Beet- Island of Red

Casey Carrot-Island of Orange

Billy Banana-Island of Yellow

Holly Romaine Lettuce-Island of Green

Blueberry Bob-Island of Blue

Ms. Purple Fig-Island of Purple

