

Cook with Books: The Rainbow Book

by Ami Brainerd

When I saw *The Rainbow Book* by Kate Ohrt, I knew it would not be enough to borrow it from the library. No. We had to own it. Each page brings a kaleidoscope of paper-cut colors, making it truly beautiful. It also provides a base for discussion of various emotions: alert, calm, energetic, fiery, exciting.

The Rainbow Book is also the perfect literature selection to go with Rainbow Fruit Kabobs.

Rainbow Fruit Kabobs Recipe

You need lots of colorful fruit--one kind of fruit per color.



Red: watermelon, strawberries, cherries, red raspberries
Orange: cut oranges, mandarin oranges, cantaloupe, mango, peaches
Yellow: pineapple, golden delicious apples
Green: honeydew, green grapes, kiwi slices, avocado slices
Blue: blueberries
Purple: blackberries, grapes (red or purple), plums

Don't forget to add **wooden skewers** to your shopping list, too.

The child can help prepare the fruit by washing it. Then you can finish the prep by chopping and slicing.



We assembled the kabobs by adding the fruit in order of the rainbow.

Enjoy your treats--the book *and* the food!