Plan meals with foods of different...

**Colours**
- Eat the rainbow

**Flavours**
- Sweet, sour, salty, bland, spicy, tart

**Textures**
- Hard, soft, moist, dry, crisp, smooth or chewy

**Shapes**
- Chunks, slices, strips, wedges, big, small

**Temperatures**
- Hot, cold

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For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124