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Matt and the Marvelous Rainbow Garden



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by Dr. Tiffani S. Bacon, PT

Matt wrinkled his nose at his plate. “No thanks! I don’t eat anything green,” he declared, pushing peas to the edge. His neon aliens glowed on his shirt, but his PowerMeter felt dim. Suddenly, Dr. T swooped in, waving her Plant-a-Scan tablet.

“Let’s check your veggie vibes, Matt!” she said, tapping the screen. Numbers flashed, and the PowerMeter dipped lower.



Matt's wide eyes grew even wider. "Uh-oh. Am I losing my superpowers?"

Dr. T smiled, her heart-shaped necklace glimmering. "You need more color in your snacks! Every fruit and veggie has a special power."

Just then, Drip bounced into the room, sparkling with excitement, and Captain Hydration zoomed in, cape fluttering.



“Let’s go on a flavor quest!” cheered Drip. Captain Hydration gave Matt a thumbs-up. “To the Rainbow Garden!”

Matt grabbed his trusty backpack. Together, they zoomed through a shimmering portal, swirling with every color. When they landed, Matt gasped. The Rainbow Garden blazed with rows of red, orange, yellow, green, blue, and purple plants, glowing like treasure.



Drip pointed to a patch of shiny red tomatoes. “Red gives you courage!” Matt popped one in his mouth and suddenly felt brave, like he could face any challenge. Next came orange carrots, “Orange is for sharp vision!” Captain Hydration explained. Matt munched, and the world sparkled with new clarity.



Matt hesitated by the green beans. "I guess I have to try..." He nibbled one, zap! His legs tingled. "Whoa! I'm super speedy!" he laughed, dashing between rainbow rows. Dr. T cheered, "Green's for speed!"

Blueberries made Matt feel calm and focused. Purple grapes gave him super memory, remembering every fun fact Dr. T shared.



As Matt tasted every color, the Rainbow Garden's magic filled him with energy. His PowerMeter soared to the top! Drip and Captain Hydration gave high-fives. "You did it!" cheered Dr. T. "Now you're a Veggie Vibes Champion!"

Matt's grin stretched from ear to ear. "I'm ready for anything!"



Back at school, Matt led the Snack Squad, sharing colorful snacks and veggie powers with friends. “Taste the rainbow!” he cheered. Kids crunched, munched, and laughed together, feeling their energy grow.

Now, Matt never skips a color. He knows: every fruit and veggie has its own superpower, waiting to be discovered.



What did Dr. T use to show Matt his PowerMeter was fading?

A superhero cape

A magic wand

A rainbow fruit

A Plant-a-Scan tablet



What magical ability did Matt get after eating something green in the Rainbow Garden?

Super hearing

Speed

Invisibility

Courage



Who helped guide Matt through the Rainbow Garden?

Drip and Captain Hydration

A talking carrot

The Snack Squad

His pet dog



What lesson did Matt learn at the end of the story?

Green foods make you invisible.

Superheroes never eat snacks.

Only red foods are tasty.

Every color of fruit and veggie has special power.



Try creating your own colorful snack using as many different fruits and veggies as you can. Draw a picture of your Rainbow Snack and label the powers you imagine each color gives you. Share your favorite colorful food with a friend and describe its superpower!

Empower your child to eat the rainbow, unlock superpowers, and join the Snack Squad™ — all in one playful eduplay app and tracker, Fruit Force & Veggie Vibes™. --- <https://fruitforceveggievibes.bladderbreakthrough.com>.

Fruit Force & Veggie Vibes™ is a clinician-designed, parent-approved eduplay app that transforms picky eating into a powerful game of growth, courage, and confidence. Built around the science of nutrition and child psychology, this tool helps children discover the superhero strength hidden in every color of the produce aisle.

Inside the app, kids unlock fun challenges, colorful missions, and interactive badges based on the fruits and vegetables they eat. Each color group is linked to a real-life benefit — red for courage, orange for vision, green for energy, purple for memory, and more. As they track their snacks, kids level up their in-game avatars, earn “Veggie Vibes” power boosts, and build healthy habits one bite at a time.

More Than a Snack:

Fruits and veggies don't just fight hunger — they power your child's confidence, focus, and bladder health. Want to see which colors unlock which powers? Flip to our guide on page 3.

You can access this slide share here:

<https://www.bladderbreakthrough.com/hubfs/Eat%20a%20Rain-bow%20-%20Dr.%20Tiffani%20S.%20Bacon%2c%20PT%20-%20The%20Blad-der%20Breakthrough-2.pdf>

