

Eat The Rainbow

Think of all of the different coloured vegetables that you can!
Write or draw the different vegetables under their colour heading.

RED

GREEN

PURPLE / BLUE

YELLOW

ORANGE

DID YOU KNOW?
Eating a variety of
different colours helps your
body and brain get all of
the nutrients needed to
stay healthy and grow!

**HOW MANY
COLOURS HAVE YOU
EATEN THIS WEEK?**

Circle all the foods you've
eaten this week and count up
all of the different colours.
Have you eaten all of the
colours of the rainbow?

My Rainbow Plate

**Remember all of your colours:
yellow, orange, red, green and
blue/purple!**

