Eat The Rainbow

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

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!

RED

GREEN

PURPLE / BLUE

YELLOW

ORANGE

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!