

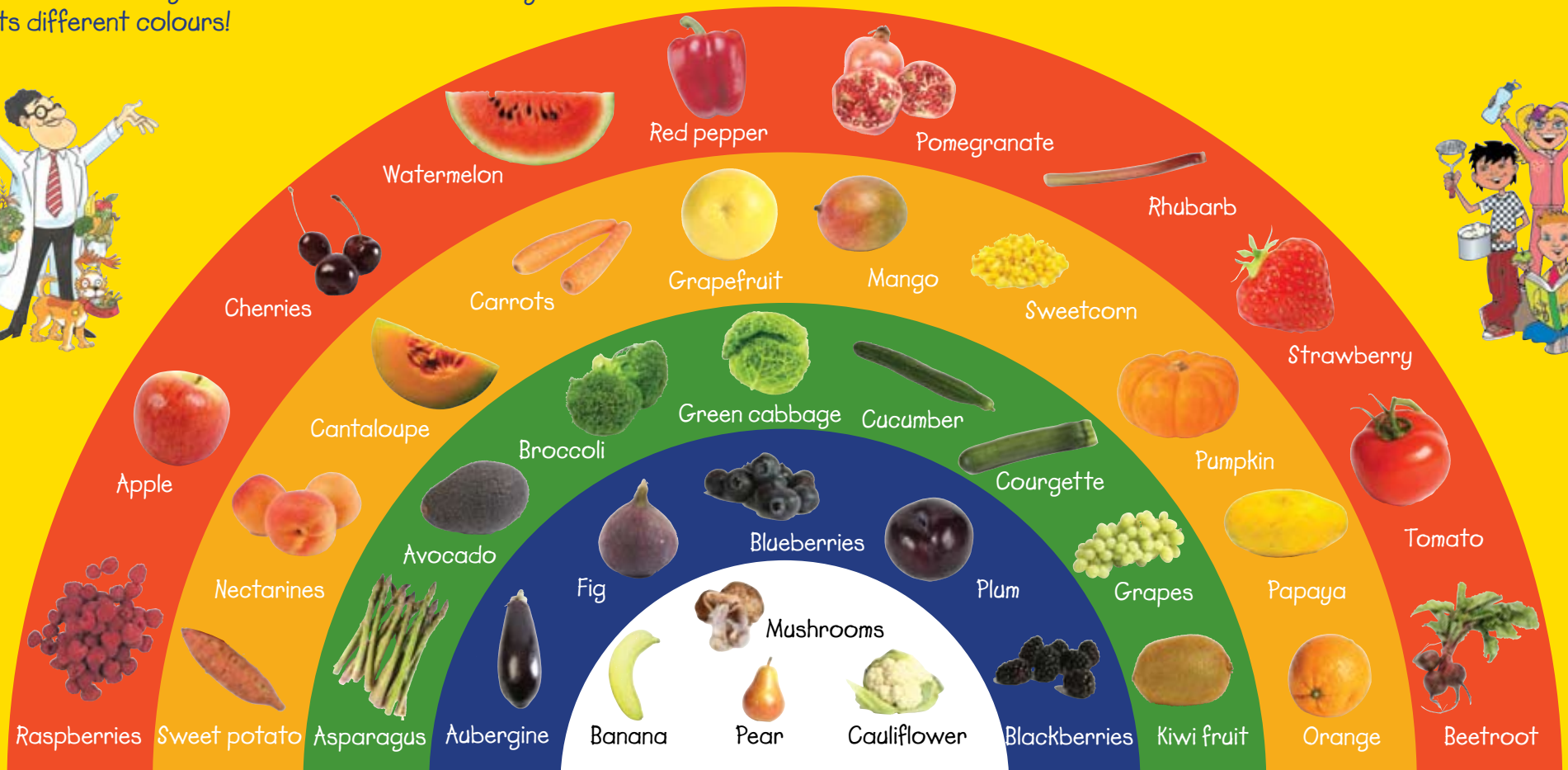
TASTE A RAINBOW

Draw and colour the different fruits and vegetables you eat in a week.

Different fruits and vegetables contain different vitamins and minerals. The best way to make sure you are getting all the goodness you need is to eat a colourful mixture – think of a rainbow and try to eat foods that come in all its different colours!

Fill in the chart each day by drawing a picture of the different fruits and vegetables you have eaten. To help you start we have put together examples of colourful foods you could eat.

Remember, a child's portion of fruits or vegetables is roughly what can fit into their cupped hand.





TASTE A RAINBOW

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Name _____

Draw and colour the different fruits and vegetables you eat in a week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Orange/ yellow	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Green	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Blue/ purple	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
White	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>