The GREAT Grub Club

www.greatgrubclub.com

TASTE A RAINBOW

World Cancer Research Fund

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

About us

The Great Grub Club is a website for 4-11 year olds produced by World Cancer Research Fund (WCRF UK). It encourages children to develop healthy habits by teaching them about healthy eating and physical activity in a fun way.

Free downloadable resources including lesson plans and worksheets for Key Stage 1 and Key Stage 2 teachers are available in the 'For Teachers' section of the website. They support teaching and learning about healthy lifestyles in line with the National Curriculum.

Instructions

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. If you can, photocopy one of the charts first, so you can use it again and again.

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

Watermelon, Red pepper, Pomegranate, Rhubarb, Cherries, Carrots, Grapefruit, Mango, Sweetcorn, Strawberry, Apple, Cantaloupe, Broccoli, Green cabbage, Cucumber, Pumpkin, Tomato, Avocado, Blueberries, Courgette, Nectarines, Fig, Plum, Grapes, Papaya, Raspberries, Sweet potato, Asparagus, Aubergine, Banana, Mushrooms, Pear, Cauliflower, Blackberries, Kiwi fruit, Orange, Beetroot

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Try to eat at least five portions of fruits and vegetables a day

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

Name _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Red							
Orange/ yellow							
Green							
Blue/ purple							
White							