

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!

