

Do you eat a rainbow?

Fruit and vegetables are full of goodness – vitamin, minerals and fibre, and so we should eat at least 5 portions of fruit and vegetables a day.

Eating a variety is important, as different fruits and vegetables contain different amounts of these vitamins and minerals which are the vital to keep us healthy and our bodies working well.

A good way to think of this is to eat a rainbow!

You will need: a rainbow outline (as included) or draw your own – 5 stripes will give the effect.

What to do:

1. As you go through the next week draw the vegetables and fruit that you eat in the correct stripe.
From the inside this will be **blue/purple, green, yellow, orange red. White** ones can go in the clouds!
2. How many different vegetables and fruits are in your rainbow? Which colour do you eat most of?
Which colour do you need to try and eat more of?
Can you manage to have at least 3 in each stripe?



Eat a Rainbow!

Make half your plate fruits and veggies