

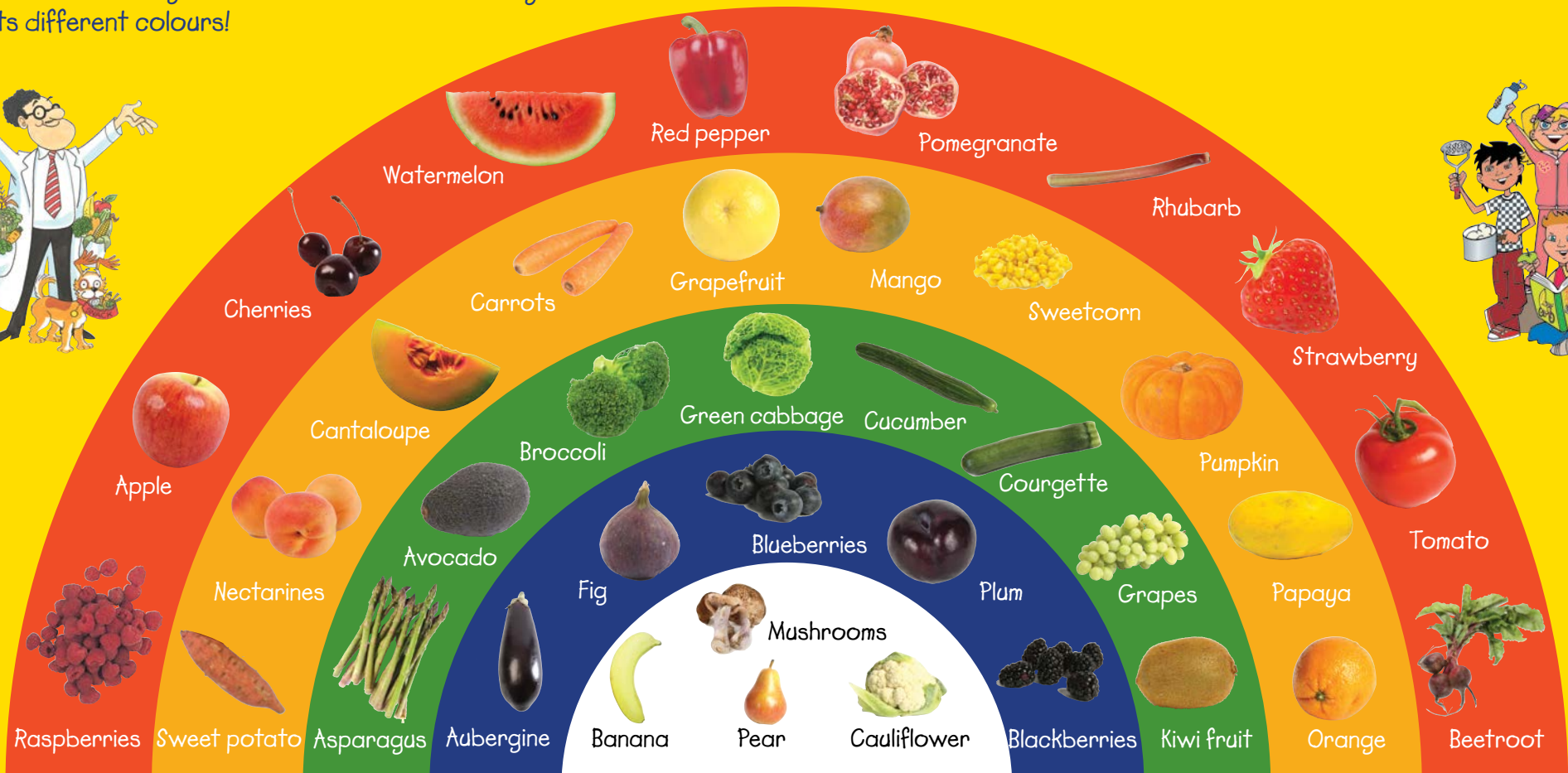
Taste a Rainbow

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

www.greatgrubclub.com

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"/> |

