

THE FOOD RAINBOW

The blueberry gang have stumbled upon the end of the rainbow, but instead of gold... it's food! Looking closely into the colourful rays, you can see fruit and vegetables floating in the colours.

Did you know? Different coloured plants contain different nutrients and vitamins. These help our bodies grow healthy and strong. That's why it's **important to eat as many colours of the rainbow as you can!**

ACTIVITY 1

Find somewhere comfy, relax & let's think about the Food Rainbow.

- As you start to see the different colours, imagine the different foods you can see through the coloured rays.
- Can you reach out and grab them? What food would you get?
- Think about the different tastes / textures / smells that your food might have. Would it be sticky in your hand? Would you bite it?
- **Colour your rainbow** and think again about the different fruit and vegetables you might see.

WHAT COLOUR HAS.....

- your favourite food in?.....
- the most vegetables?
- the most fruit?

EAT THE RAINBOW

RED: Red fruit & veg can be good for your heart.

ORANGE: There's more Vitamin C in a Pepper than an Orange!

YELLOW: Bananas release energy sloooooowly, keeping you fuller for longer!

GREEN: Leafy green vegetables contain calcium, which help your bones grow strong!

BLUE / PURPLE: Take THAT sickness! This coloured fruit & veg is full of antioxidants which helps your body fight illness.

ACTIVITY 2

Challenge yourself (or a friend) & **see how many foods you can list** for each colour of the rainbow.

Mark your answers to see who got the most!

Extra bonus point for every fruit / vegetable!



Colour me