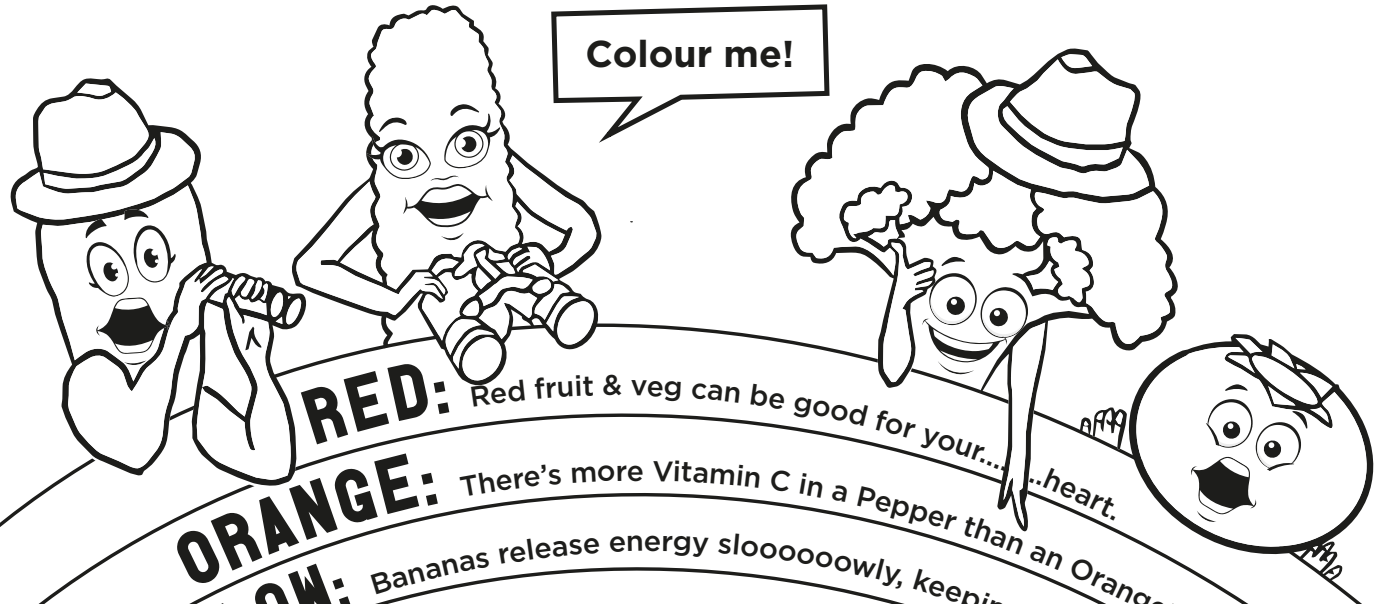

RED: Red fruit & veg can be good for your...heart.

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

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

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

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

RAINBOW EXPLORERS CLUB

RAINBOW FOOD CHART

Colour in your chart whenever you eat a portion of that colour

	M	T	W	T	F	S	S
Red							
Orange							
Yellow							
Green							
Blue / Purple							
White / Brown							

My new favourite food is...

_____

_____

RAINBOW QUEST

Can you complete these quests & become the ultimate Rainbow Explorer?

QUEST 1 – SNACK SMART:

☐ Next time you choose a snack, can you add some fruit or vegetables?

QUEST 2 – COLOUR YOUR PLATE:

☐ Look at your lunch. How many **different colours** can you spot?

QUEST 3 – TRY SOMETHING NEW:

☐ Can you find something you've never tried before with your meal?

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EAT THE RAINBOW ACTIVITY SHEET

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WANT TO LEARN MORE?

Visit our website **www.mellorscatering.co.uk** to watch our exclusive video from our Nutritionist, all about the importance of 'Eating the Rainbow!'