

EAT THE RAINBOW

ACTIVITY SHEET

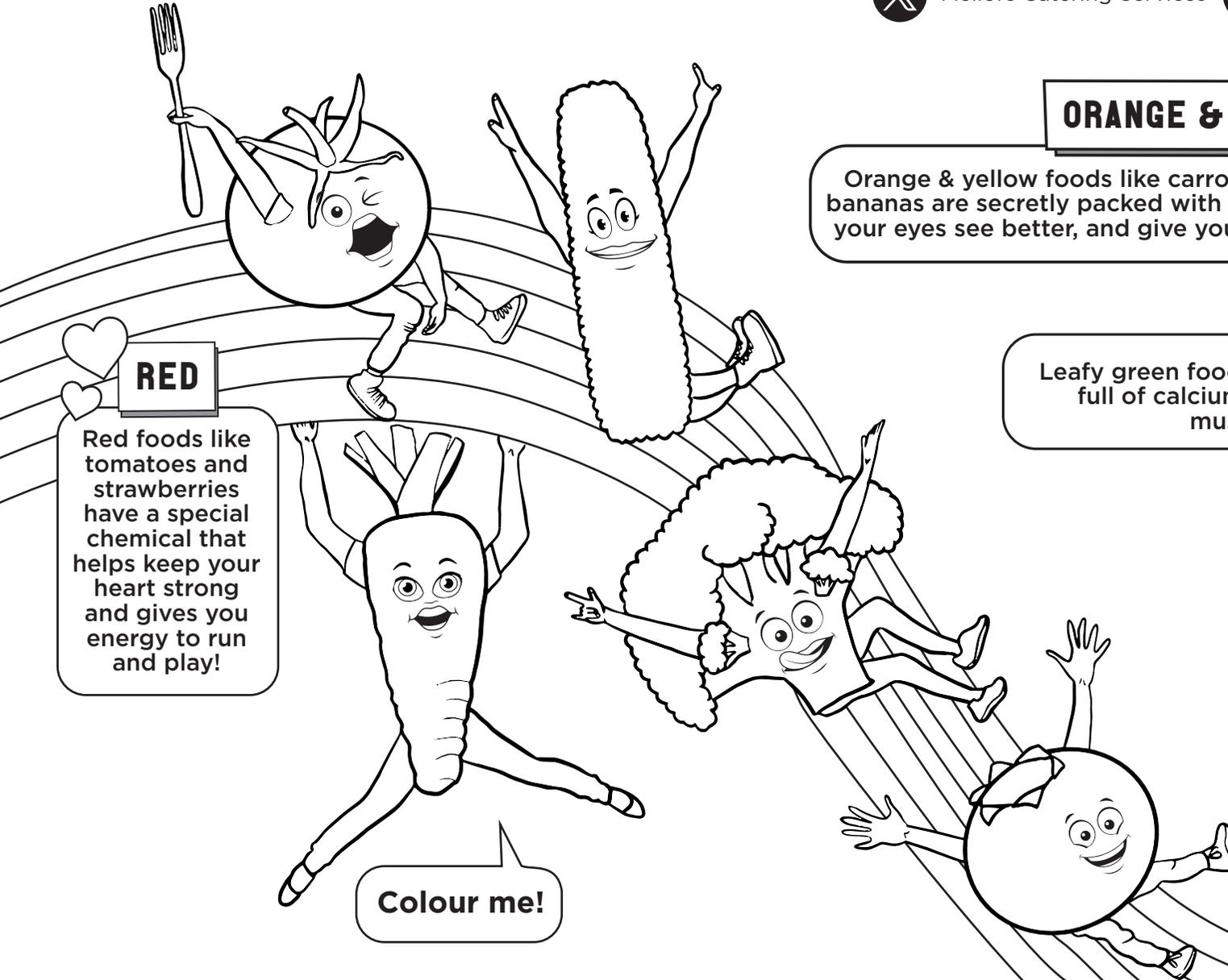
We'd love to see your finished artwork!



Mellors Catering Services



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RED

Red foods like tomatoes and strawberries have a special chemical that helps keep your heart strong and gives you energy to run and play!

Colour me!

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!** Are you up to the 'Eat the Rainbow' Challenge?

ORANGE & YELLOW



Orange & yellow foods like carrots, oranges, sweet potatoes, sweetcorn & bananas are secretly packed with super-powered vitamins A & C. These help your eyes see better, and give your body an invisible shield against sniffles!

GREEN

Leafy green foods like broccoli and spinach are full of calcium that make your bones and muscles super strong.



BLUE & PURPLE

Blue and purple foods like blueberries & aubergines are full of brain boosting powers! They makes your brain super speedy and keeps your memory strong, like a power up for your brain!



ACTIVITY

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!

Psst...Extra bonus point for every fruit / vegetable!