



Eat the rainbow

To eat the rainbow, the whole family can work together!

It helps make it easier when you support each other to make healthy changes.

Eating coloured fruits and vegetables helps keep our bodies healthy. Aim for as many colours as you can! Download the resource and either use it on a device to tick the boxes or print it out and fill it in.

Add your own fruit and vegetables to the lists below!

M T W T F S S

Red	
Orange	
Yellow	
Green	
Blue / Purple	
Brown / White	

Red	Orange	Yellow	Green	Blue / Purple	Brown / White
Red apple Red grapes Red capsicum Strawberry Raspberry Red onion Tomato Watermelon	Orange Mandarin Sweet potato Peach Mango Carrot Rockmelon Paw Paw Pumpkin	Pineapple Banana Squash Corn Quince Lemon Starfruit Golden kiwi	Green beans Celery Kiwi fruit Green apple Lettuce Zucchini Green grapes Spinach Avocado Cucumber Broccoli	Blueberries Eggplant Plum Blackberry Mulberry Fig Raisin Purple cauliflower Red leaf lettuce	Mushrooms Parsnip Cauliflower Onion Coconut Potato White nectarine White peach Dates

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