

This sheet belongs to:

RAINBOWS

It is good for us to eat fruit and vegetables which are lots of different colours. Each one has different special powers!

Go to the shops and see if you can find a fruit or vegetable for each colour of the rainbow. Ask your grown up to buy a few and try them at home.



Note to grown ups

- The idea of this activity is to try new things and to be engaged in picking which fruit and vegetables to eat. As well as helping children learn their colours
- Portions of fruit and vegetables can be frozen, tinned (in juice or water), juice or dried as well as fresh. There are lots of low cost options - you don't have to buy expensive ones
- If you can't get to the shops, you can talk about the colours of the fruit and vegetables on the sheet and what they are. Or explore the colours of food you have in your kitchen.