

EAT A RAINBOW EVERY DAY

PURPLE
& BLUE



GREEN



WHITE &
BROWN



YELLOW &
ORANGE



RED



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Nutrition For Kids

CAN YOU EAT THE RAINBOW?

FIND A LIST OF COLOURED FRESH FRUIT & VEGETABLES BELOW

PURPLE/BLUE	GREEN	WHITE/BROWN	YELLOW/ORANGE	RED
Blueberries	Green apples	Bananas	Apricots	Strawberries
Blackberries	Green pears	White peaches	Cantaloupe	Red apple
Black currants	Grapes	Nectarines	Golden Kiwifruit	Cherries
Plums	Honeydew	Brown pears	Lemon	Cranberries
Prunes	Kiwifruit	Nashi	Mango	Blood orange
Raisins	Limes	Dates	Nectarine	Grapefruit
Pomegranates	Broccoli	Potato	Mandarine	Raspberries
Grapes	Broccolini	Cauliflower	Tangerine	Guava
Elderberries	Asparagus	Articoke	Oranges	Papaya
Eggplant	Avocado	Ginger	Rockmelon	Rhubarb
Figs	Cucumbers	Garlic	Papaya	Watermelon
Purple carrots	Zucchini	Mushrooms	Peach	Red grapes
Purple cabbage	Brussels Sprouts	Onions	Pineapple	Beetroot
Purple cauliflower	Celery	Parsnips	Yellow apple	Radicchio
Purple potatoes	Cabbage	Shallots	Persimmon	Radish
	Endive	Turnips	Gooseberry	Red onions
	Green beans	White corn	Carrots	Red chilli
	Capsicum		Pumpkin	Capsicum
	Kale		Sweet potato	
	Lettuce		Sweet corn	
	Leeks		Capsicum	
	Okra		Yellow tomato	
	Peas		Squash	
	Snow peas			
	Sugar snaps			
	Spinach			
	Rocket			
	Watercress			
	Won Bok			



MAKE YOUR OWN RAINBOW!
USE OBJECTS OR FOOD TO DECORATE YOUR RAINBOW

