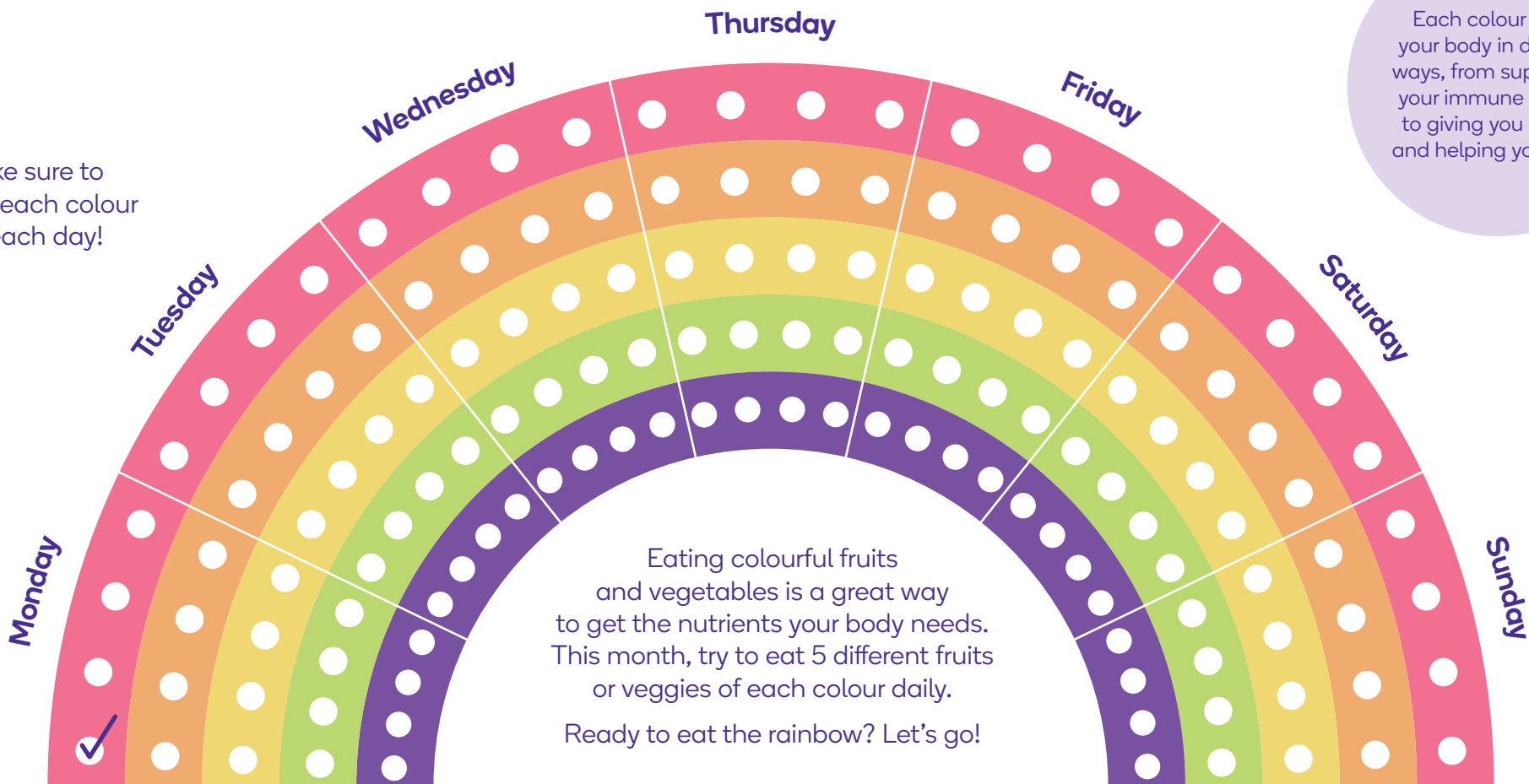


Rainbow Food Monthly Challenge

Each colour helps your body in different ways, from supporting your immune system to giving you energy and helping you grow!

✓ Make sure to tick each colour off each day!



The chart is a semi-circular rainbow divided into seven segments for each day of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Each segment contains five colored bands (Red, Orange, Yellow, Green, Blue/Purple) with white dots for tracking. A checkmark is shown in the bottom-left dot of the Monday Red band.

Eating colourful fruits and vegetables is a great way to get the nutrients your body needs. This month, try to eat 5 different fruits or veggies of each colour daily.

Ready to eat the rainbow? Let's go!

Red foods

- Red apples
- Strawberries
- Tomatoes
- Watermelon
- Cherries

Orange foods

- Oranges
- Carrots
- Sweet potatoes
- Cantaloupe melon
- Peaches

Yellow foods

- Bananas
- Sweetcorn
- Pineapple
- Lemons
- Yellow peppers

Green foods

- Kiwi
- Broccoli
- Asparagus
- Cucumbers
- Avocados

Blue/purple foods

- Blueberries
- Red grapes
- Aubergine
- Plums
- Purple cabbage