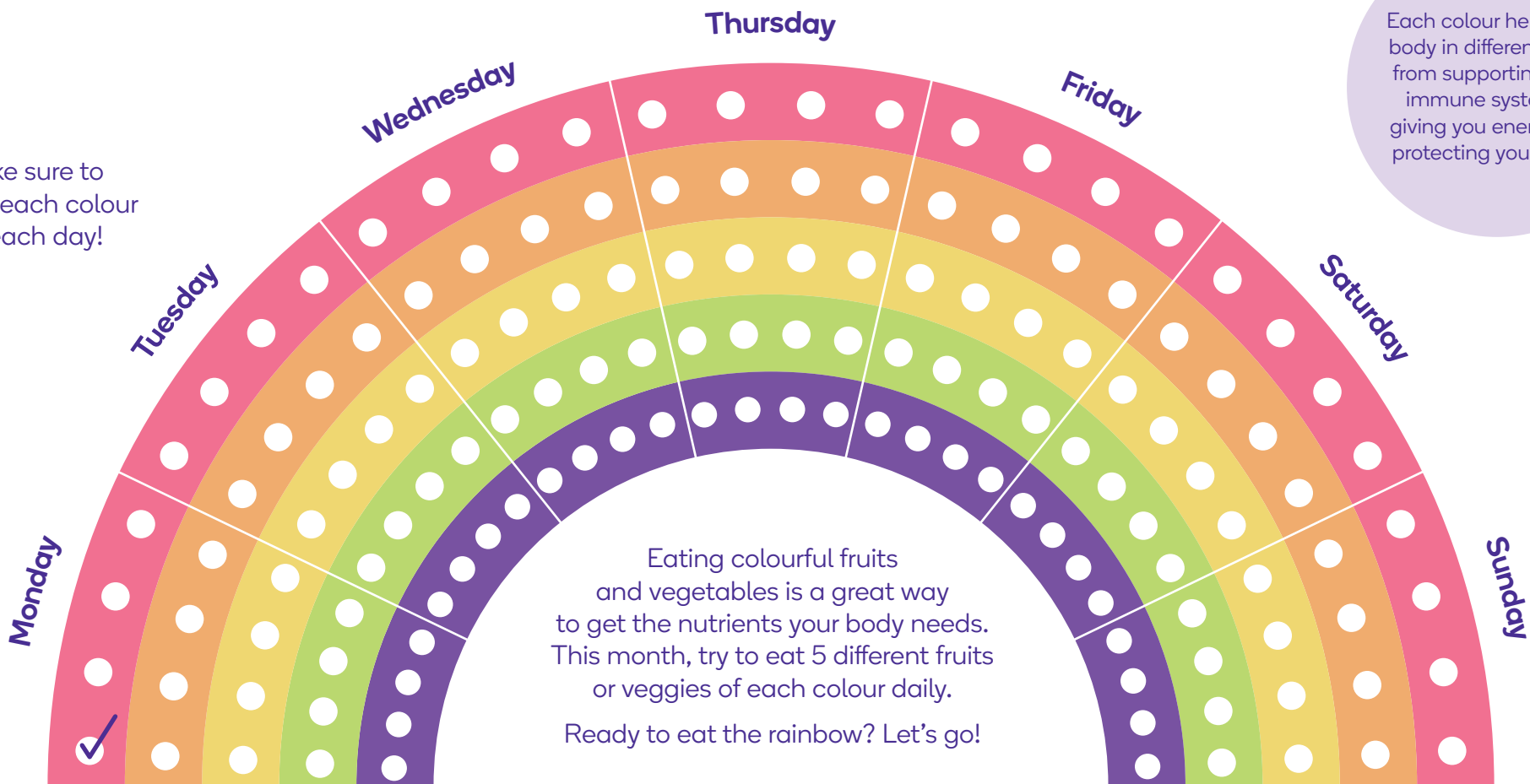


Rainbow Food Monthly Challenge

Each colour helps your body in different ways, from supporting your immune system to giving you energy and protecting your heart.

✓ Make sure to tick each colour off each day!



Monday **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

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