

# Eat The Rainbow - Activity Card

## Why is this important? -

Eating 5-a-day supports our health and wellbeing, and by eating different colors of fruit and vegetables we gain the maximum amount of nutrients, vitamins and minerals our bodies need to maintain good health.

39% of our daily intake of food should be fruit and vegetables yet only 30% of people are getting their 5-a-day.

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## The Challenge -

Use the rainbow to identify different fruits and vegetables of all the different colours - some are harder than others!

Out of all the fruits and vegetables you have thought of which have you tried before, never tried or haven't eaten for a while?

And out of these how many have you eaten in the last week?

Spend some time re-trying fruits and vegetables that you might not have eaten for a while or that are new or different. How could you include more colour into what you eat each day to try to make sure you get your 5-a-day?

Examples to try might include -

Yellow - Lemon, Peaches, Banana

Orange - Melon, Peppers, Pumpkin

Red - Cherries, Apples, Tomatoes

Purple/Blue - Blackcurrants, Grapes, Red Cabbage

Green - Peas, Celery, Grapes

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## Extension Home Learning - Food Logo Challenge

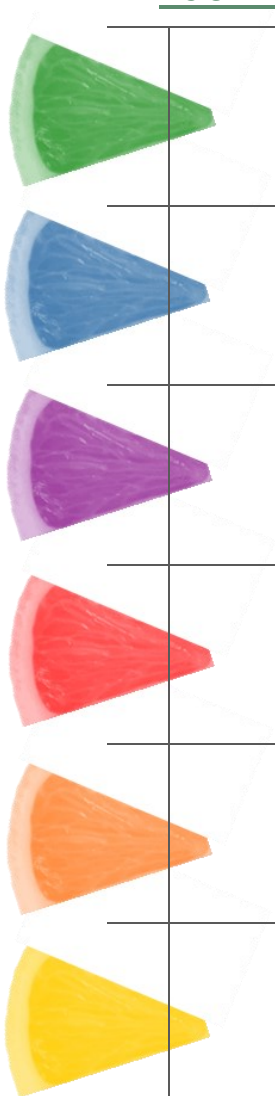


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