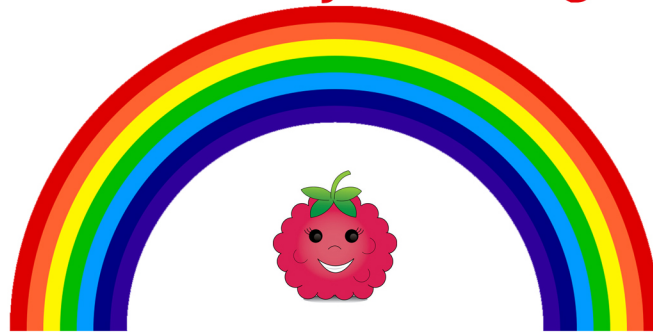


Healthy Eating



* Can you eat food from the colours of a rainbow everyday?

* Can you name some healthy foods that are beautiful rainbow colours?

Red?

Yellow?

Orange?

Green?

Purple?

Why do we need to eat our fruit and vegetables?



Well they give us superpowers to transform from feeling tired and grumpy to feeling magical goodness of plant based food through vitamins.

Vitamins are our super fuel that help our bodies to grow stronger and fight off illness.

We can boost our super powers everyday by putting into our bodies the right food.

Challenge

* Can you see how many superhero fruits and vegetables you can eat today?

* Colour the rainbow below with the colours from your fruit and vegetables you have eaten today? Can you reach 5?

