Eat the Rainbow Challenge

Red foods	Orange foods	Yellow foods	Green foods	Blue and purple foods	White, Tan & Brown foods
give you a strong heart and good memory	**give you healthy eyes to help you see in the dark**	**help your body heal cuts**	**helps you fight off sickness**	**give you a strong brain**	**give you a healthy heart and bones**
Beetroot, Red Peppers, Blood Oranges, Cranberries, Cherries, Goji Berries, Pink Grapefruit, Red Apple, Red Grapes, Red Plums, Red Potatoes, Red Cabbage, Red Lettuce, Radishes, Raspberries, Strawberries, Rhubarb, Tomato, Watermelon	Apricots, Orange Peppers, Grapefruit, Mango, Nectarine, Orange, Papaya, Pumpkin, Butternut Squash, Sweet Potato, Tangerine, Satsuma, Yams	Yellow Apple, Banana, Yellow Peppers, Sweetcorn, Corn on the Cob, Chickpeas, Ginger Root, Lemon, Pineapple, Popcorn	Green Apple, Artichoke, Asparagus, Avocado, Bean Sprouts, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Kale, Lettuce, Spinach, Rocket etc), Celery, Cucumbers, Beans, Peas, Limes, Olives, Watercress	Aubergine, Black and blue berries, Purple Cabbage, Figs, Grapes, Black Olives, Plums, Purple Potatoes, Prunes, Raisins	Cocoa, Coconut, Garlic, Ginger, Legumes (Chickpeas, Dried Beans or Peas, Hummus, Lentils), Mushrooms, Onions, Pears, Seeds, Shallots, Soy, Wholegrains (Barley, Brown Rice, Oats, Quinoa, Rye, Spelt, Wheat

How many colours did you eat today?

Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
						Total:	