

EAT YOUR GREENS!

by Ned Bennett

CHALLENGE

Draw a large rainbow using paints or coloured pencils. As you draw, see how many different fruits and vegetables of each colour you can name. Then, draw those fruits and vegetables and stick them on to the correct coloured arc of your rainbow.

SHARE IT

Count how many different colours are on your dinner plate today and compare this with those of your friends and family in different households. **How many colours were on the most colourful plate?**

TALK ABOUT

Talk about how important it is to include fruit and veg of all different colours in our diets and how they all contain different vitamins and minerals to help keep us healthy.

DID YOU KNOW?

The world record for eating broccoli is nearly ½kg in 92 seconds, held by Tom 'Broccoli' Landers!



“TAKE CARE
OF YOUR BODY. IT'S
THE ONLY PLACE YOU
HAVE TO LIVE.”
Jim Rohn

Song taken from
S!ng Harvest
By various writers

