

EATING THE RAINBOW



Different coloured fruits and vegetables have different vitamins, minerals and phytonutrients (healthy chemicals which give plant foods their bright colours). These nutrients all help our bodies in different ways, which is why we need to make sure we eat a range of different coloured fruits and veg!

<h2>RED</h2>	<h2>ORANGE/ YELLOW</h2>	<h2>GREEN</h2>	<h2>BLUE/ PURPLE</h2>	<h2>WHITE/ BROWN</h2>
<ul style="list-style-type: none"> • Healthy heart • Reduces risk of cancer 	<ul style="list-style-type: none"> • Healthy eyes • Healthy skin • Strengthens immune system 	<ul style="list-style-type: none"> • Reduces risk of cancer • Healthy heart • Good digestion • Healthy eyes • Healthy bones 	<ul style="list-style-type: none"> • Good for memory • Healthy heart • Reduces risk of cancer 	<ul style="list-style-type: none"> • Healthy heart • Lowers cholesterol • Reduces risk of cancer • Good digestion
<p>Q: What did the father tomato say to his son when we was walking too slow? A: Ketchup!</p>	<p>Q: How do you know carrots are good for your eyes? A: You never see a rabbit wearing glasses!</p>	<p>Q: What's a broccoli's favourite type of music? A: Broc N Roll!</p>	<p>DID YOU KNOW that blueberries are one of the only naturally blue foods that exist?</p>	<p>DID YOU KNOW that potatoes were the first vegetables to be grown in space?</p>