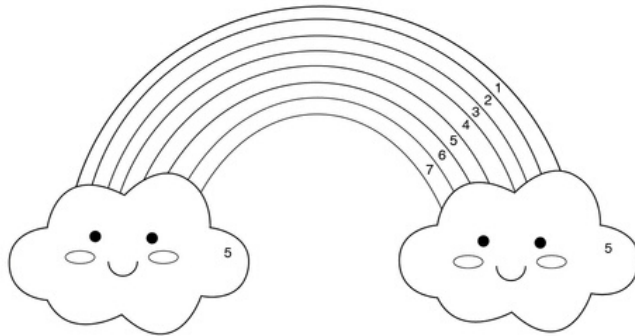


I can eat a rainbow!



Colour by numbers

- | | | | |
|------------|---|------------|---|
| 1 - Red |  | 5 - Blue |  |
| 2 - Orange |  | 6 - Indigo |  |
| 3 - Yellow |  | 7 - Purple |  |
| 4 - Green |  | 8 - Pink |  |



Let children colour in their own rainbows with paint or pencils!
Use the checklist on the next image and write all the colours of
fruits and vegetables you have eaten across the week!



Rainbow foods checklist:



What colours of the rainbow have you eaten this week?

