

# I can eat a rainbow

Help your child write down the food and colours they eat across a week, keep it on the fridge – try to eat a rainbow! But know if you child has allergies and avoid those foods.

Red foods (strawberries, apples, tomatoes, red capsicum)

My choices:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Orange foods (carrots, oranges, sweet potatoes, mango, rockmelon)

My choices:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Yellow foods (bananas, corn, pineapple, yellow capsicum)

My choices:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Green foods (spinach, broccoli, peas, beans)

My choices:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Blue foods (blueberries, blue potatoes, blue corn talk also about the colour indigo)

My choices:

- ☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

Purple foods (grapes, plums, eggplant, purple cabbage and talk about the colour violet)

My choices:

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

