

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:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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

My choices:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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

My choices:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Green foods (spinach, broccoli, peas, beans)

My choices:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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

My choices:

<input type="checkbox"/>	_____
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Purple foods (grapes, plums, eggplant, purple cabbage and talk about the colour violet)

My choices:

