

# Let's Eat a Rainbow

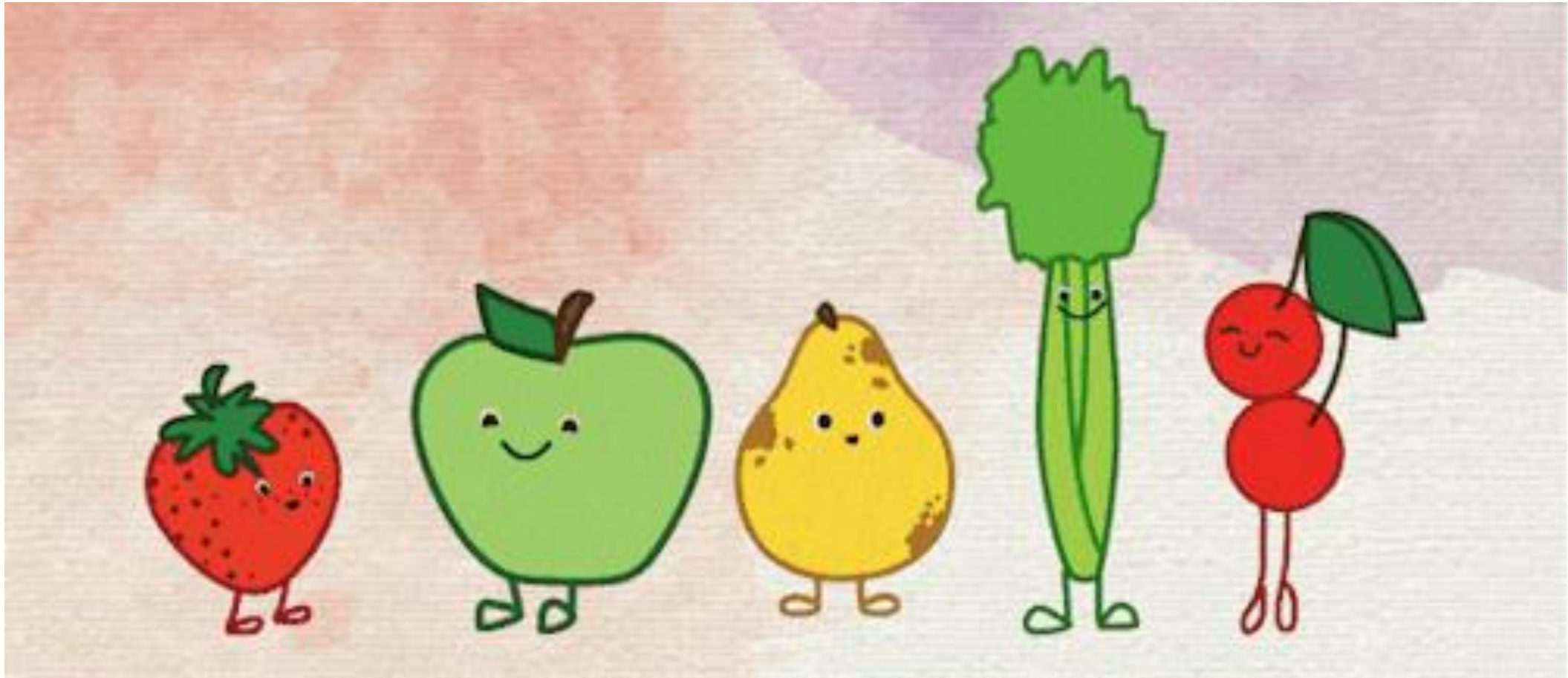
  
GOVINDA'S  
Vegetarian School Meals

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Nutritionist

Year- Reception

# Fruits and vegetables have lots of vitamins and minerals



# Fruits and vegetables are full of colour

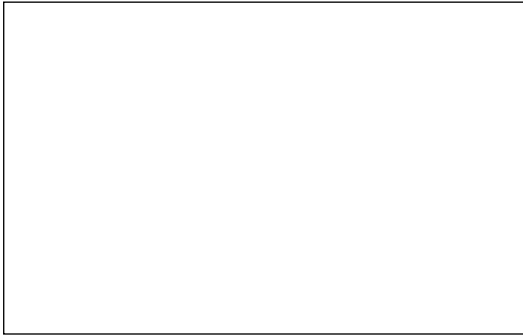


## Antioxidants

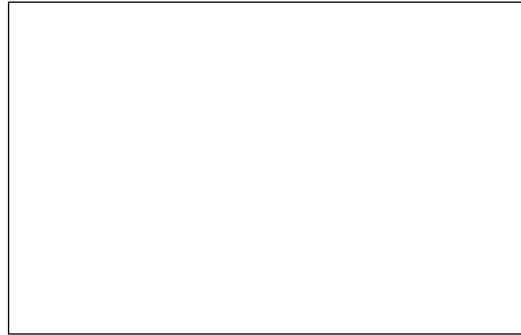


Draw a fruit/vegetable for each of these colours

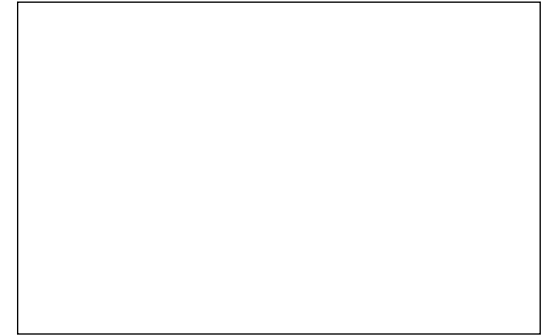
**Red**



**Green**



**Blue/Purple/Black**



**Yellow**



**Orange**

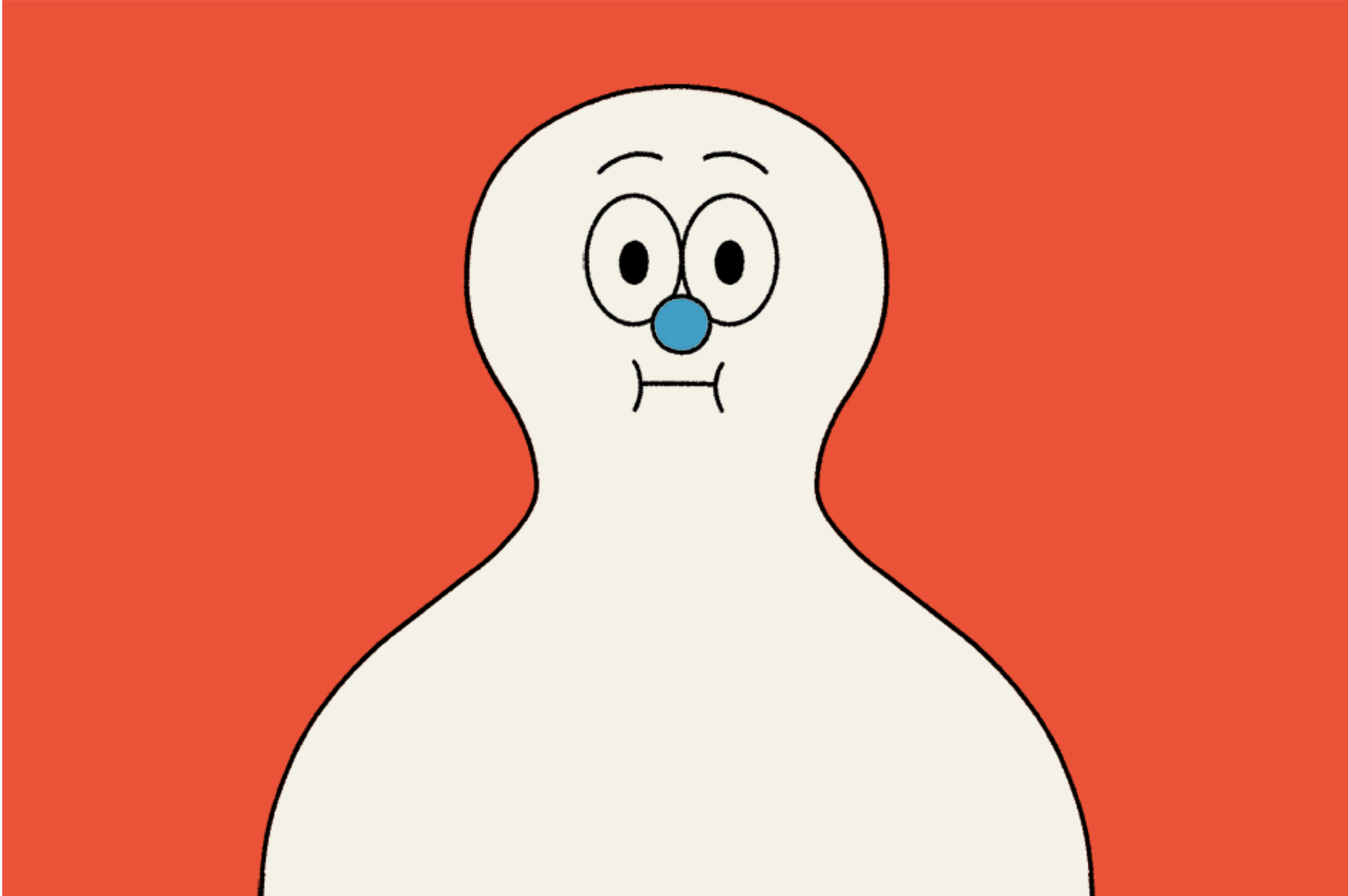




# Fruits and vegetables gives us a good health



# Fruits and vegetables give us immunity



**Fruit and vegetables also contain  
fibre for bowel health**



Story time

# The colourful present



Ana

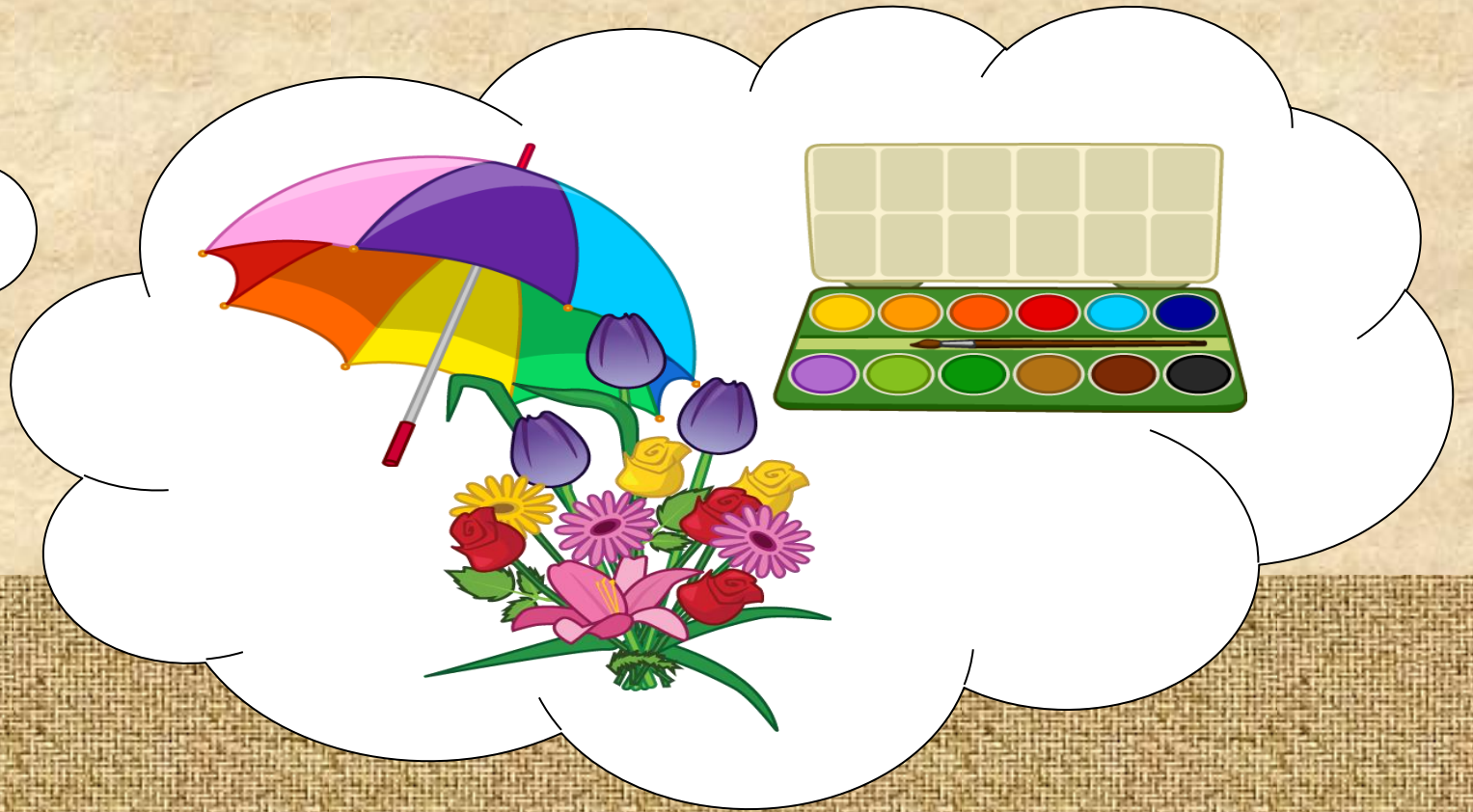
Ron





It was Ron's grandmother's birthday.

He wanted to give her a special present.



**Ana wanted to help Ron.**

**You need to get her something colourful, said Ana.**

**Ron did not understand.**

**Ana reminded him of what they learnt at school.**



They learnt about eating a rainbow of fruit and vegetables every day.

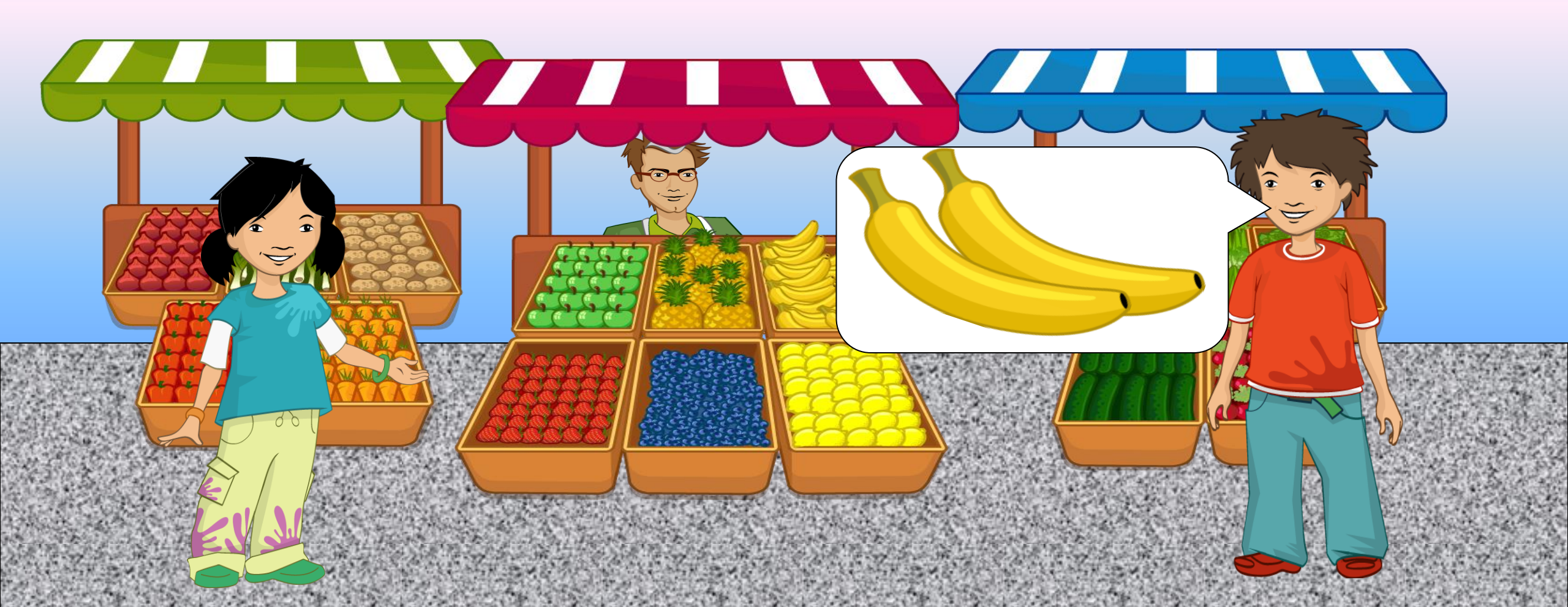
“We all need to eat at least 5 A DAY,” the teacher had said.





Let's go to the fruit and vegetable market, said Ana.

Ron thought that would be a good way to explore lots of colourful fruit and vegetables.



What is your Grandma's favourite colour? asked Ana.

“Grandma likes yellow,” said Ron.

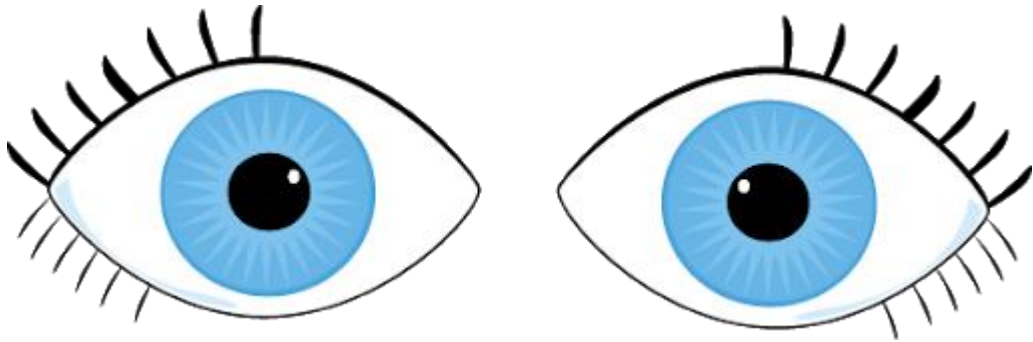
‘We could get lemons, bananas or pineapple,’ said Ana.

Ron bought some bananas.

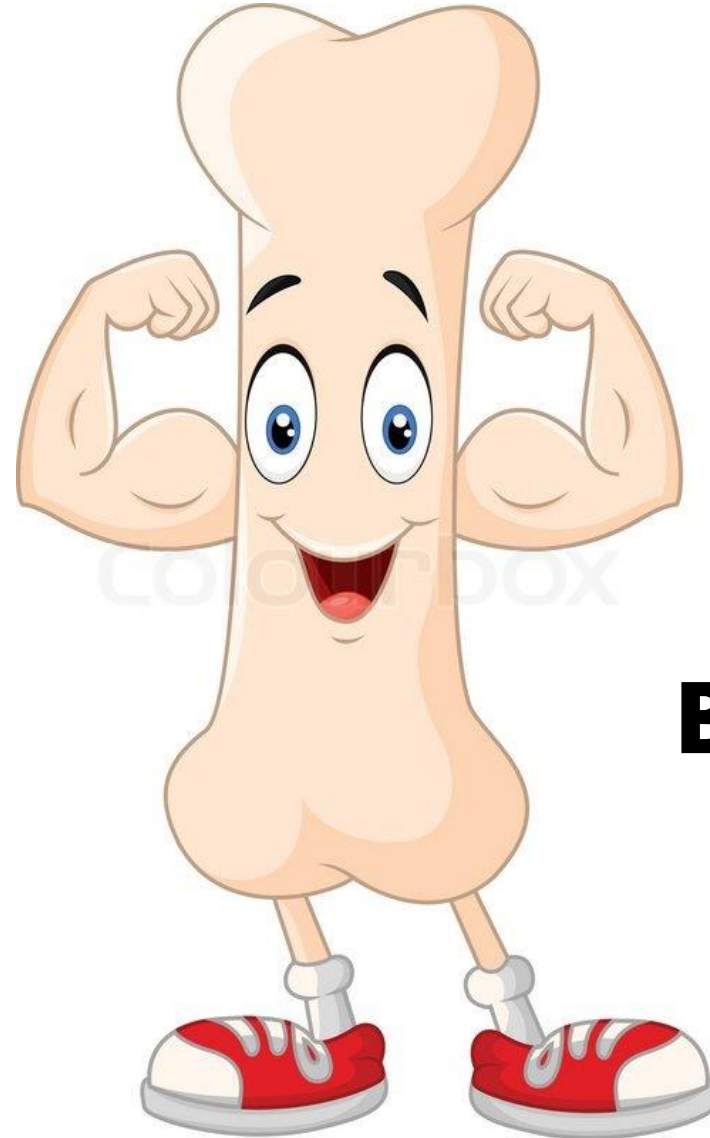
# Yellow/Orange foods are good for



**Skin**

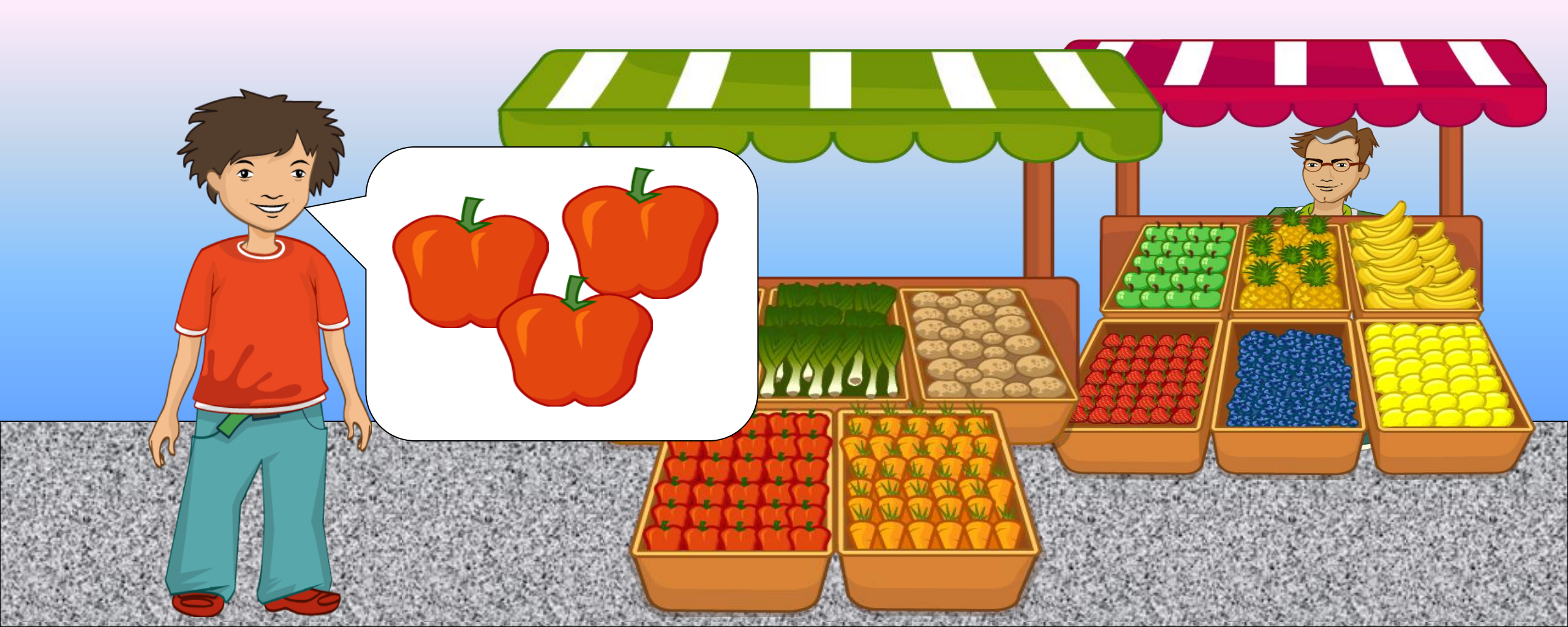


**Eyes**



**Bones**



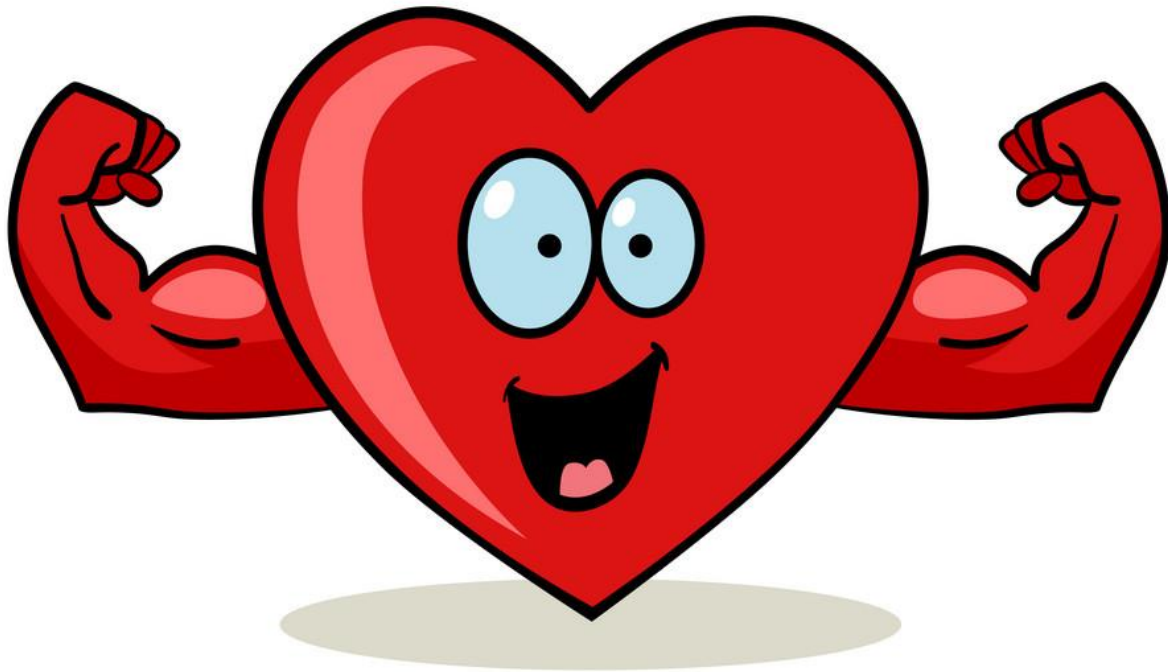


‘Grandma likes red as well,’ said Ron.

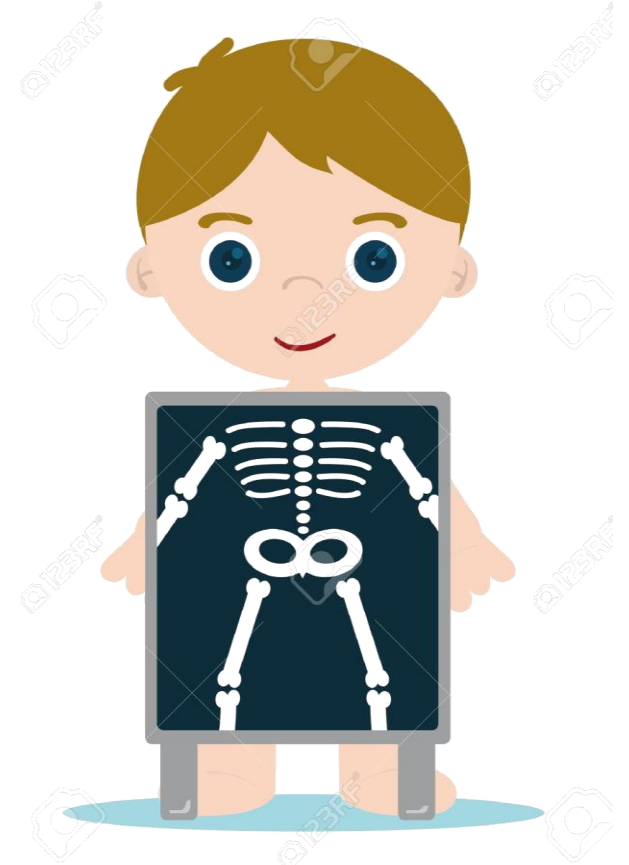
We could get strawberries, peppers or tomatoes, suggested Ana.

Ron bought some peppers.

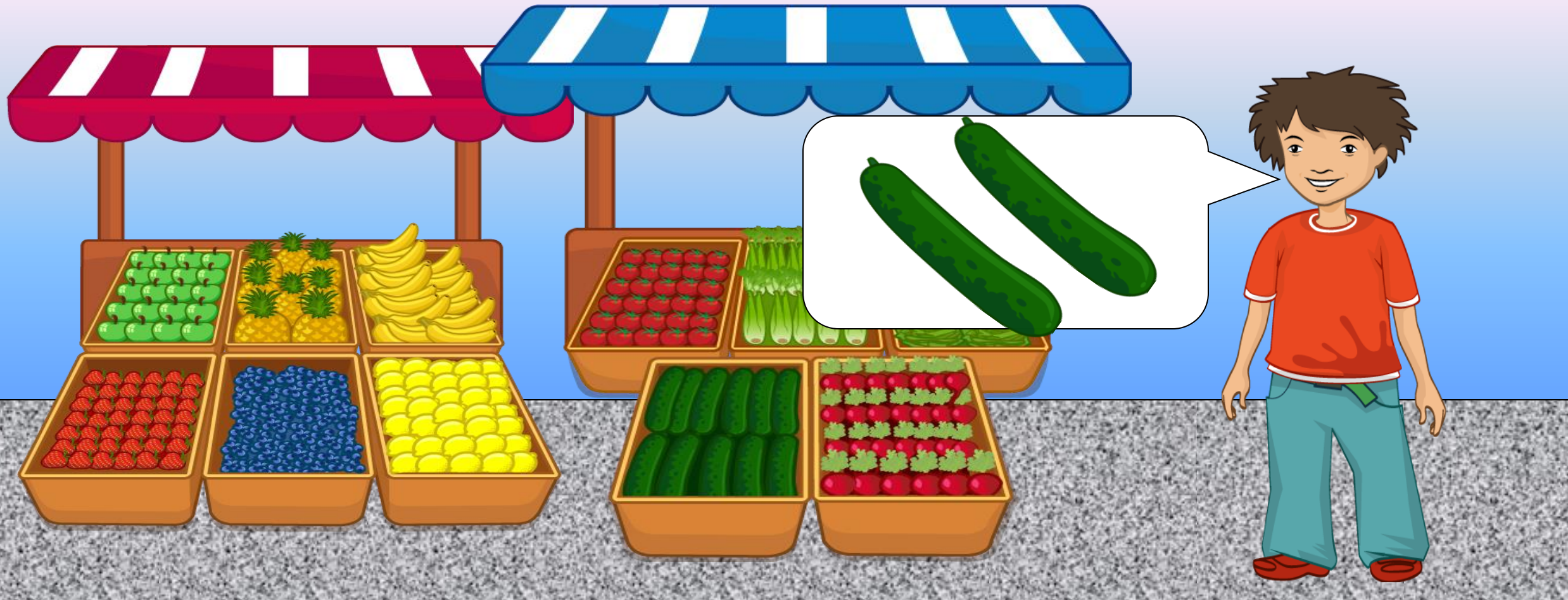
# Red foods are good for



**Healthy heart**



**Strong bone and joints**



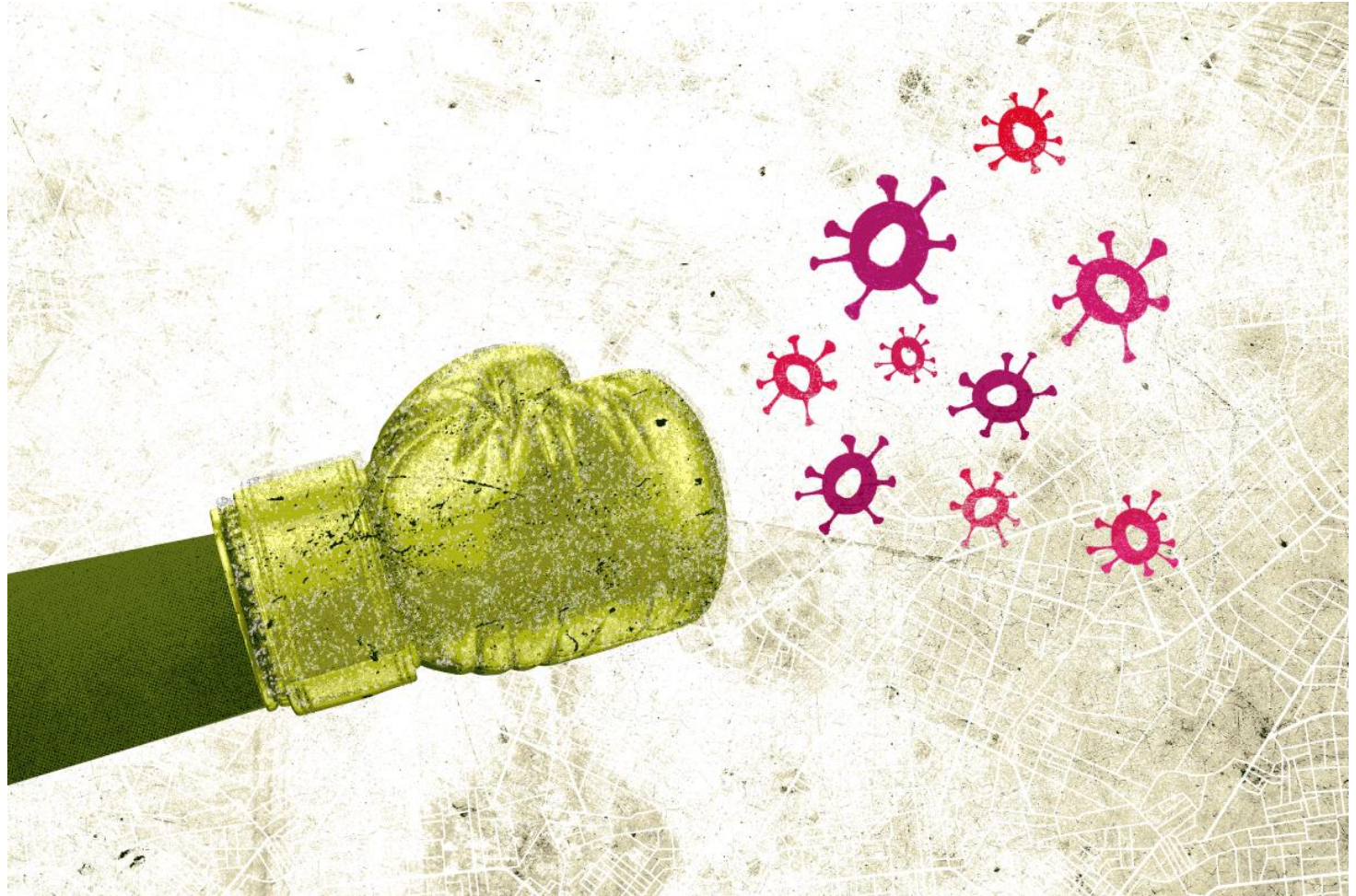
Does your Grandma like green too? asked Ana.

“Yes,” said Ron. ‘We could get cucumber, apples or peas.’

Ron bought a cucumber.



# Green foods are good for fighting diseases





'Grandma likes blue,' said Ron.

We could get...umm...I can't think of anything blue, said Ana.

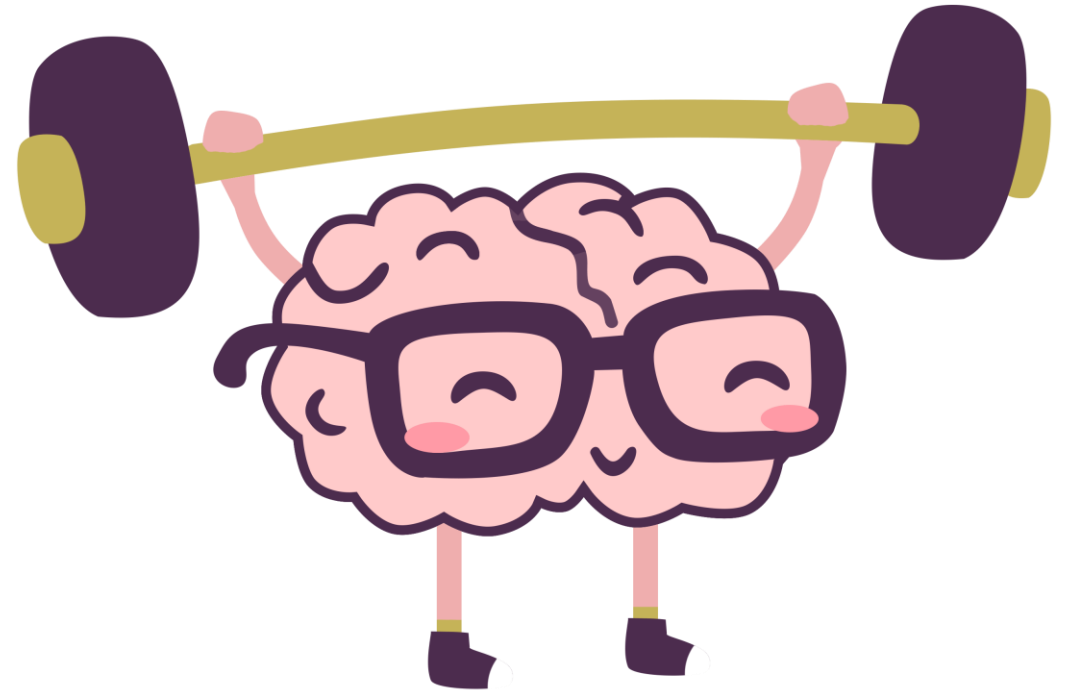
How about blueberries! said Ron.



# Blue and Purple foods are good for



**Memory**



**Brain**





Ron and Ana looked at everything they had bought.

“These will make a great, colourful present,” said Ana.

“They don’t look like a present to me,” said Ron.



Ana put all the fruit and vegetables into a basket.  
She tied it with a colourful ribbon.  
'Perfect,' said Ron, with a big grin.



Ron took the present to Grandma.

Grandma loved it!

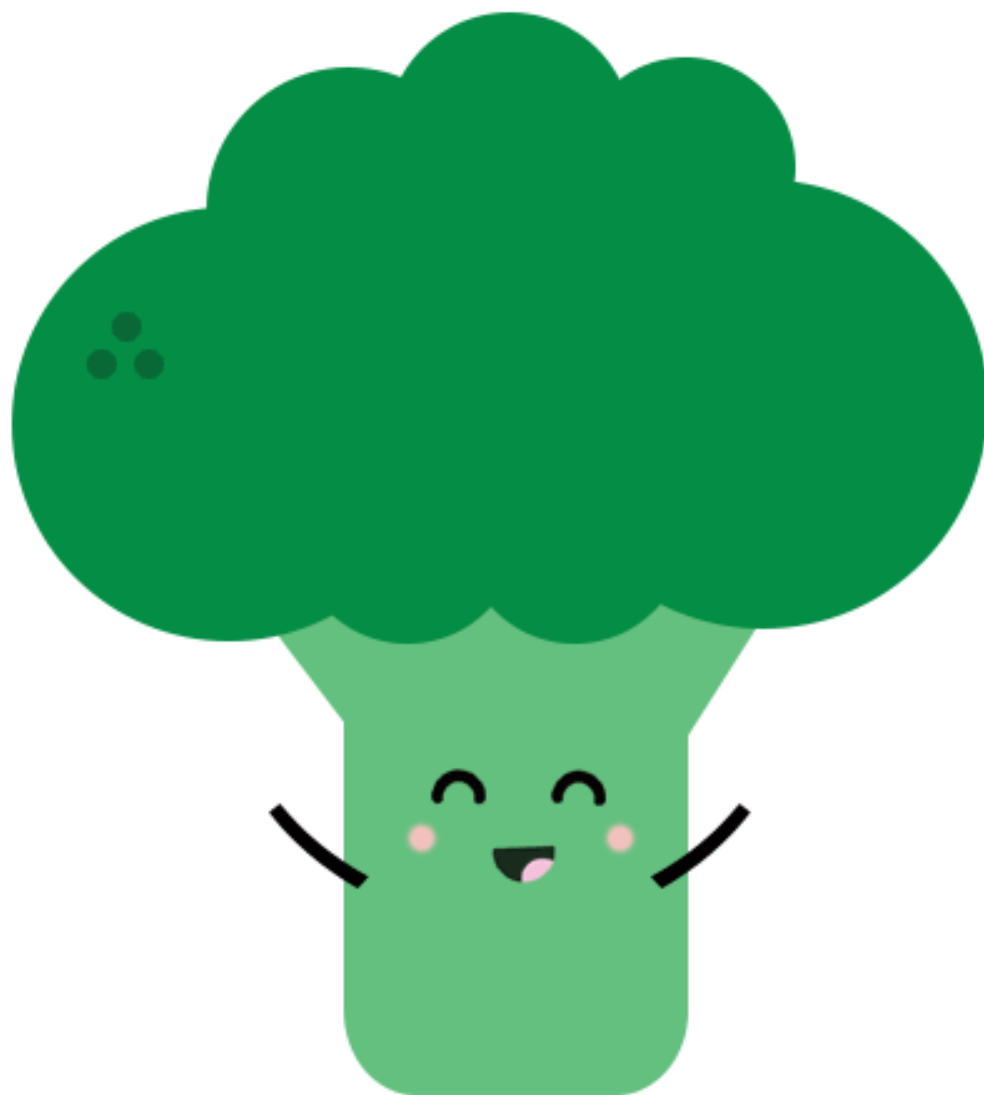
“What a colourful present and it will help me get my 5 A DAY!” she said.



# Guess the Fruit & Vegetable



**Banana**



**Broccoli**



**Apple**





**Grapes**



**Carrot**

# Some ideas..

Winter soups can include a wide range of vegetables.



# Add fruits to breakfast cereals




## Eat a Rainbow






### Tasting summary sheets





- The following sheets are for students to record the results of their Eat a Rainbow tasting sessions.
- It may be helpful and encouraging for parents and caregivers to find their child has discovered a new food to enjoy or has changed their mind about a previously disliked food.
- Avoid allergens and foods you are not allowed to eat.




Name: \_\_\_\_\_

My favourite red food: \_\_\_\_\_

Red	✓ Yummy - I liked it	? I'm not sure	✗ My taste buds don't like it yet	Comments
Red apple 				
Red bellpepper 				
Cherry 				
Cranberries - dried 				
Red grapes 				
Guava 				
Red pear 				

Yellow	✓ Yummy - I liked it	? I'm not sure	✗ My taste buds don't like it yet	Comments
Banana 				
Yellow bellpepper 				
Cape gooseberry 				
Grapefruit 				
Lemon 				

Green	✓ Yummy - I liked it	? I'm not sure	✗ My taste buds don't like it yet	Comments
Green apple 				
Artichoke 				
Asparagus 				
Avocado 				

Blue/ Purple/Black	✓ Yummy - I liked it	? I'm not sure	✗ My taste buds don't like it yet	Comments
Beetroot 				
Blackberries 				
Blueberries 				





# Thank You



Let's  
eat a rainbow of  
fruits and vegetables