

Rainbow meals

Eating rainbow meals is an easy way to remember to put more fruit and vegetables into your diet and improve your overall wellbeing. Eating more fruit and vegetables is linked with feeling happier, more motivated and satisfied with life. Therefore, today's activity is to eat at least one meal with three different coloured fruit/vegetables in it.

The table below shows the different coloured fruit and vegetables so you can figure out which ones you like of each colour. The questions over the page are designed to help you introduce more fruit and vegetables into your meals.

Red	Orange	Yellow	Blue/purple	Green
Beetroot Cherries Cranberries Grapefruit Pomegranates Radishes Raspberries Red apples Red bell peppers Red onions Rhubarb Strawberries Tomatoes Watermelon	Apricots Butternut squash Carrots Nectarines Oranges Papayas Peaches Pumpkin Sweet potatoes Tangerines	Bananas Cantaloupe Gooseberries Grapefruit Lemon Mango Pineapple Sweetcorn Yellow peppers Yellow tomatoes	Blackcurrants Blackberries Blueberries Plums Aubergine Grapes Prunes Red cabbage Figs Grapes Raisins	Artichokes Asparagus Avocados Broccoli Brussel sprouts Celery Cucumber Green apples Green beans Cabbage Grapes Green peppers Kiwi Kale Leeks Lettuce Limes Peas Spinach Courgettes

Which of the above fruit and vegetables do you enjoy eating?

Try and list at least one from each colour group.

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What do you typically eat for breakfast, lunch and dinner?

Breakfast

Lunch

Dinner

How can you adapt your breakfast, lunch and dinner to include more of your favourite fruit and vegetables?

Breakfast

Lunch

Dinner