



STRIVE FOR 5

Did you know we should all eat 5 portions of fruit and vegetables a day?



Red Orange Yellow Green Blue Purple

Fill the rainbow!

Think of different coloured fruit and vegetables, and write or draw them onto the rainbow above. Make it as colourful as you can!

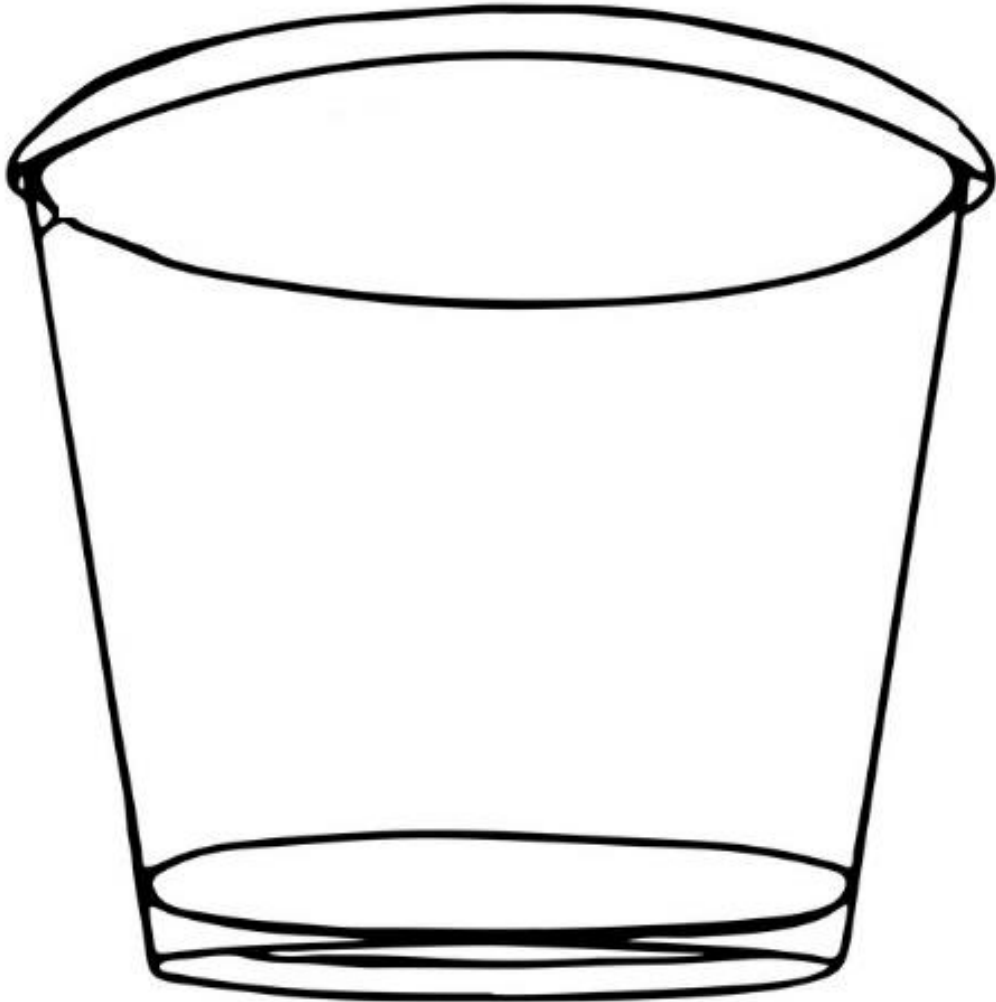
Remember that fresh, frozen, tinned, dried and juiced all count! Which ones are your favourites? Are there any you haven't tried?

Super Veggie Crunch is a lovely recipe that can be made as a snack or for lunch. You could try making it at home with lots of different fresh or canned vegetables.

Plan out your own Super Veggie Crunch below – draw your recipe – which colour vegetables will you use?

MY SUPER VEGGIE CRUNCH

My Super Veggie Crunch will look like this:



In my Super Veggie Crunch I will put:

Vegetables -

Toppings -