

Eating your colours

Different coloured vegetables give you different health benefits, which is why it is important to eat plenty of different vegetables in a variety of colours.

1 List your favourite vegetables under each colour.

Hint: use our vegetable colours posters to help you.

Green

Red

Orange/yellow

Purple

Brown/white

2 List the vegetables that you would like to try under each colour.

Hint: use our vegetable colours posters to help you.

Green

Red

Orange/yellow

Purple

Brown/white