

# 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

*e.g. spinach, broccoli, lettuce*

## Red

*e.g. tomato, capsicum, radish*

## Orange/yellow

*e.g. pumpkin, corn, carrot*

## Purple

*e.g. beetroot, eggplant, purple kūmara*

## Brown/white

*e.g. potato, mushroom, brown onion*

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

**Hint:** use our vegetable colours posters to help you.

## Green

*e.g. artichoke, okra*

## Red

*e.g. red kūmara, rhubarb*

## Orange/yellow

*e.g. yellow carrot, kumi kumi, yam*

## Purple

*e.g. purple beans, purple cauliflower*

## Brown/white

*e.g. daikon radish, turnip*