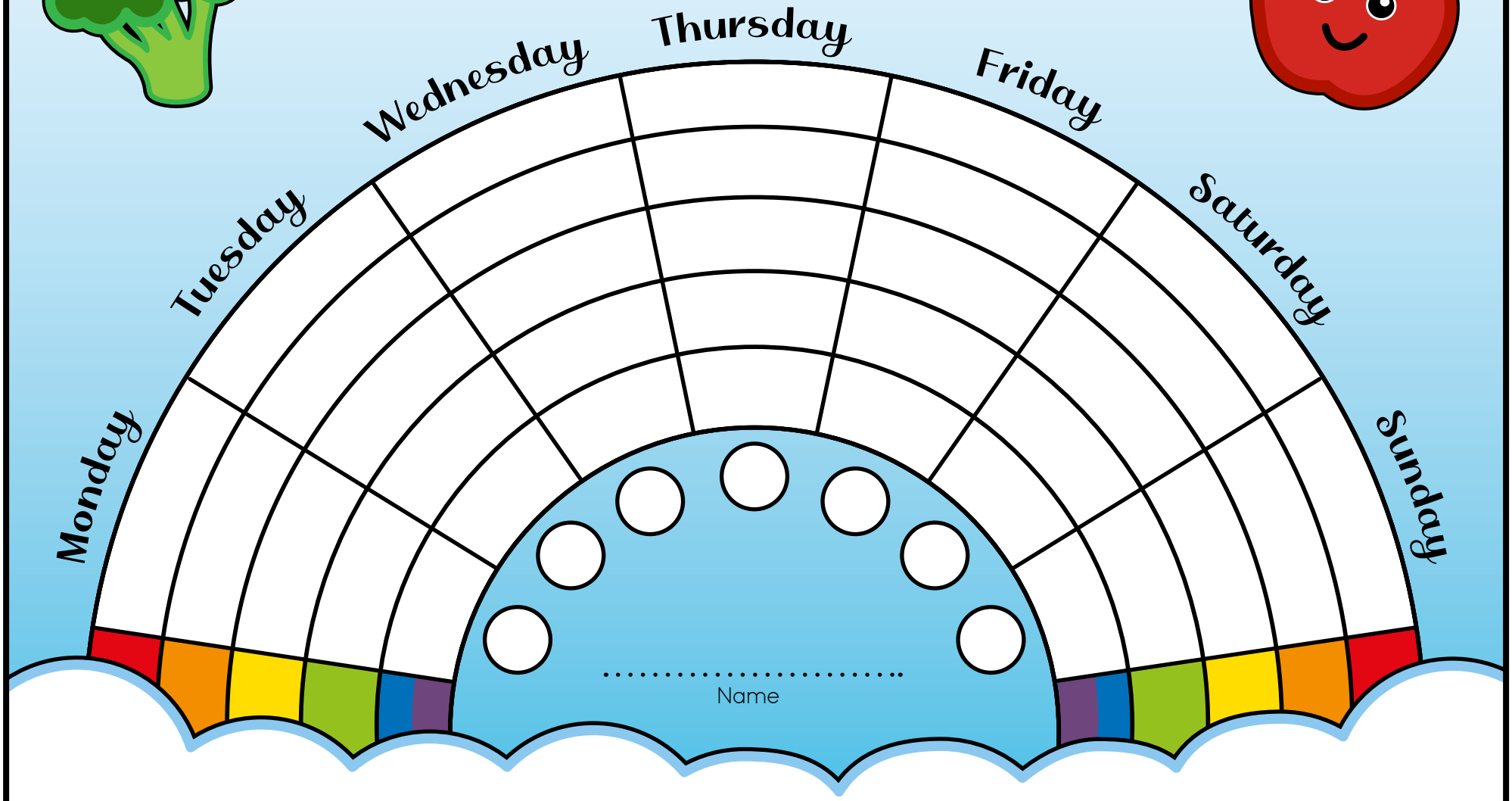
Eat the Rainbow!



How many different colored fruits and vegetables can you eat today?

Every time you eat a fruit or veggie mark it in the correct colored section for today. You can write the name of the food, place a tick or simply color the space in to complete the rainbow! At the end of the day count how many different colors you've eaten and write the number in the inner circle.