

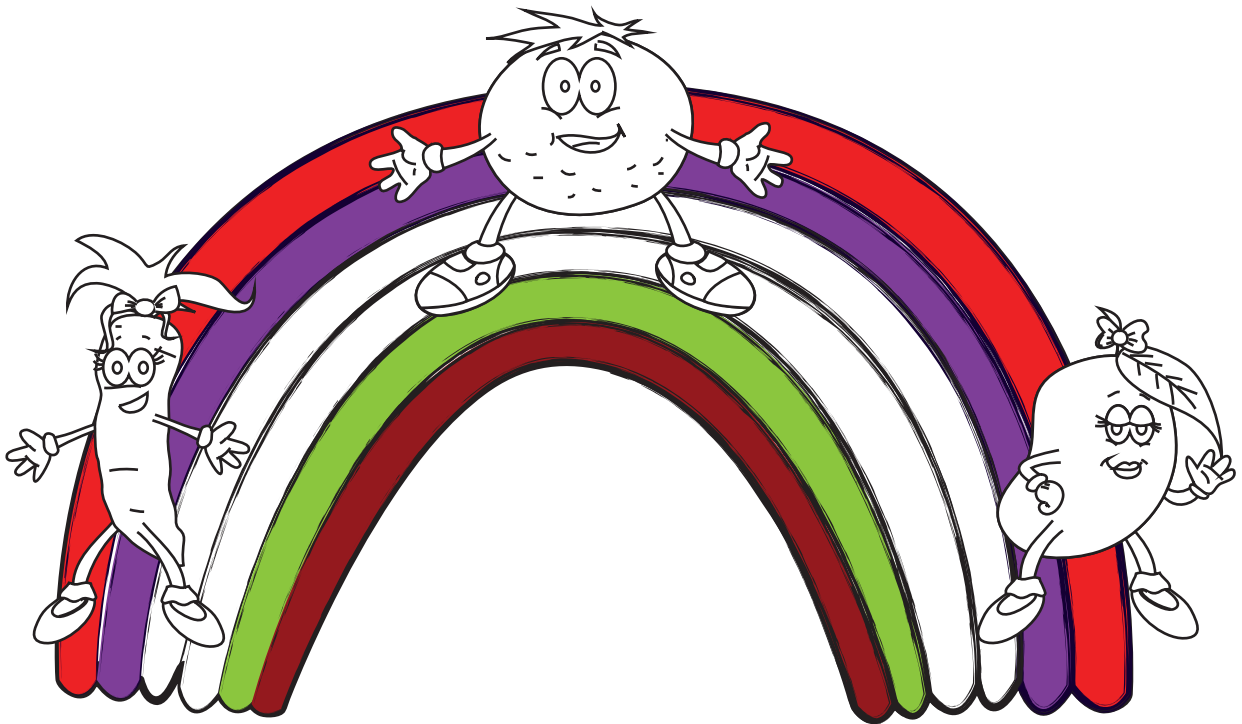


EAT A RAINBOW EVERYDAY

Meet Carla the Carrot, Oscar the Orange and Mandy the Mango.

Finish this rainbow by colouring in the missing colours.

Then decorate the page with other fruits and vegetables of the same colours.



The different colours in fruits and vegetables have different nutrients in them and have different health benefits.

Yellow/Orange fruits and vegetables help your eyesight, promotes healthy skin and prevents you from getting colds and infections.