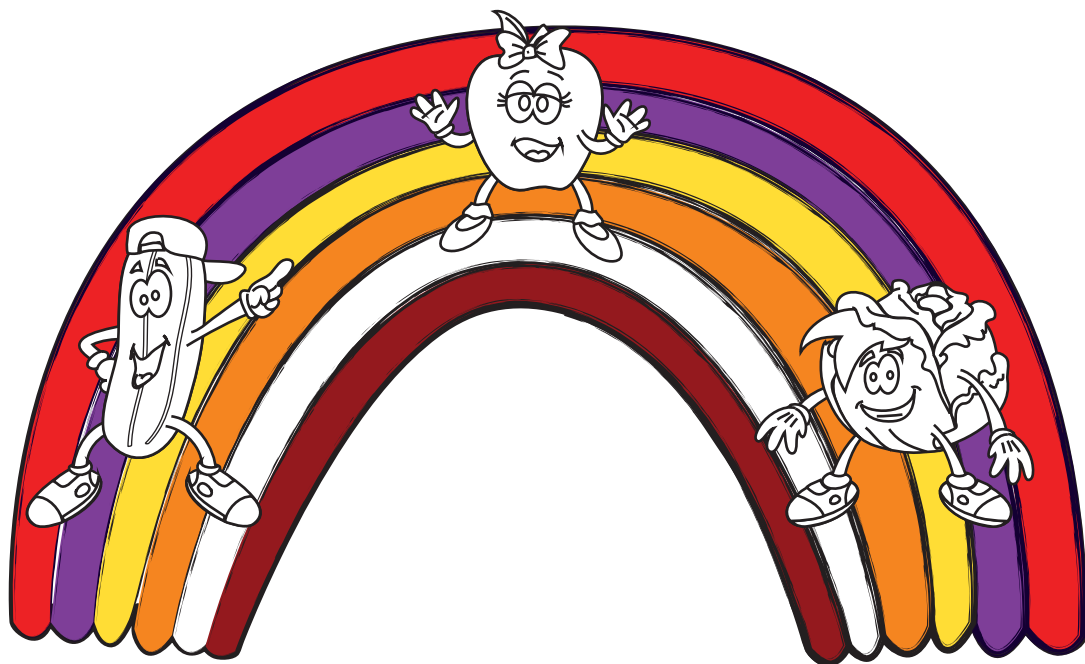


EAT A RAINBOW EVERYDAY

Meet Colin the Cucumber, Amy the Apple and Casey the Cabbage.

Finish this rainbow by colouring in the missing colour.

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



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

Green fruits and vegetables help keep your body healthy and boosts the immune system.