

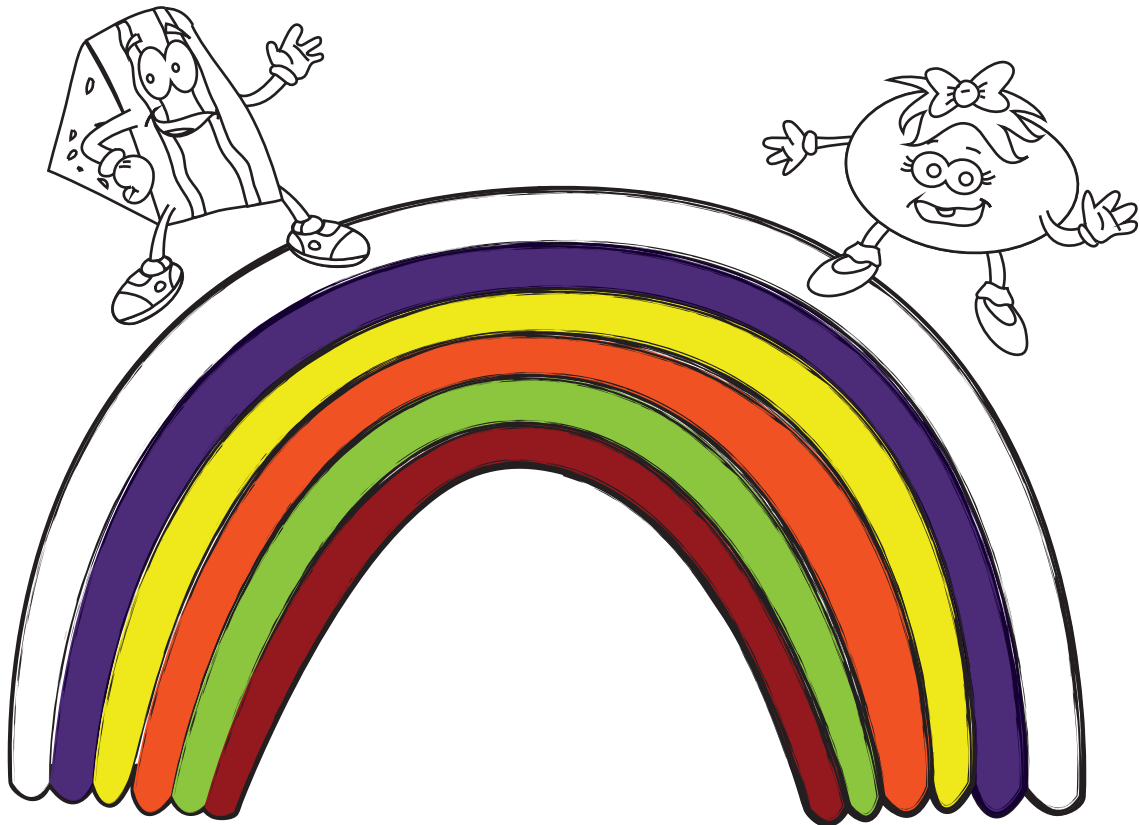


## EAT A RAINBOW EVERYDAY

**Meet Walter the Watermelon and Tara the Tomato.**

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.

Red fruits and vegetables help you have a healthy heart and helps improve your memory function.