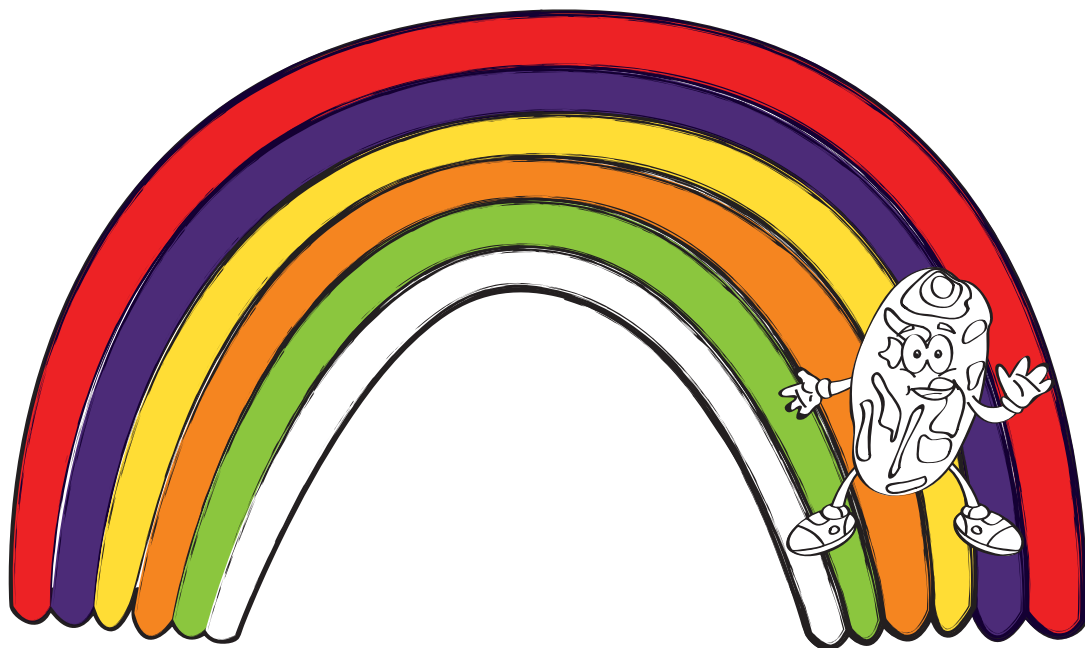




## EAT A RAINBOW EVERYDAY

Meet Dolton the Date.

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.

White/Brown fruits and vegetables assist digestion, help keep your body strong and reduces symptoms of tiredness