let’s eat red

strawberry
cherries
capsicum
radish
pomegranate
apple
plum
rhubarb
tomatoes
capsicum
raspberries
potatoes
watermelon

How many colours can you eat today?
let's eat orange

carrots
loquats
sweet potato
rockmelon
apricot
orange
tangelo
mango
pumpkin
persimmon
mandarin
capsicum
papaya

How many colours can you eat today?
let’s eat yellow

grapefruit
squash
sweet corn
banana
lemon
capsicum
pineapple
zucchini
star fruit
plums
tomatoes

Eat a Rainbow

How many colours can you eat today?
let’s eat purple

grapes
eggplant
lettuce
olives
Spanish onion
purple cabbage
passion fruit
blackberries
beetroot
plum
capsicum
prunes
figs

How many colours can you eat today?
let's eat white and brown

dried figs
dates
potato
lychee
daikon radish
cauliflower
haricot beans
mushrooms
onion
garlic
sultanas
parsnips
dates

dried figs

How many colours can you eat today?
let’s eat green

beans

zucchini

celery

chinese cabbage

pear

kiwi fruit

apple

grapes

bok choy

snow peas

cucumber

How many colours can you eat today?