



Green fruit



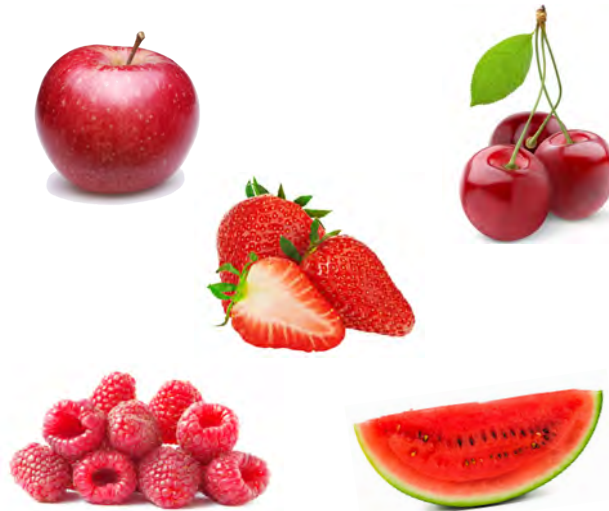
Yellow vegetables



Orange fruit



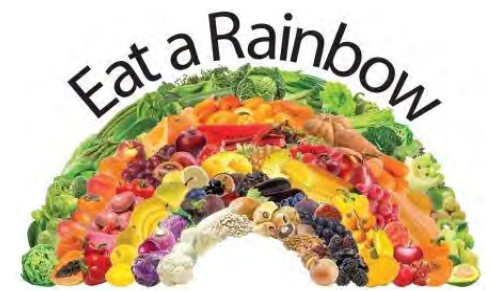
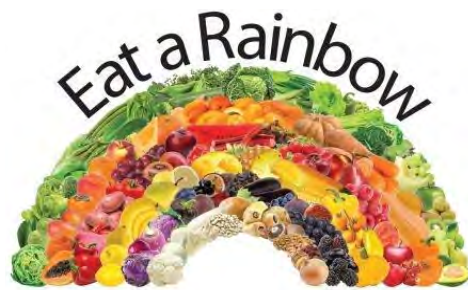
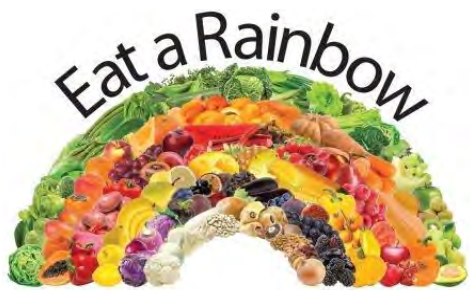
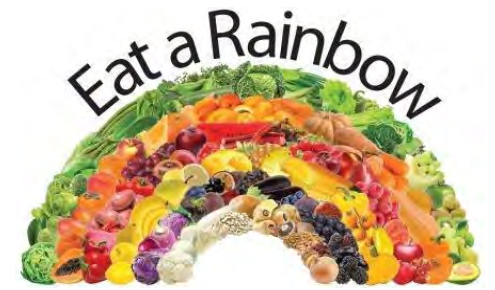
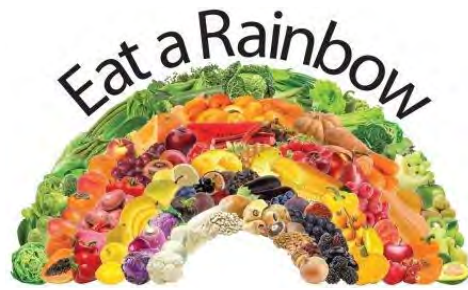
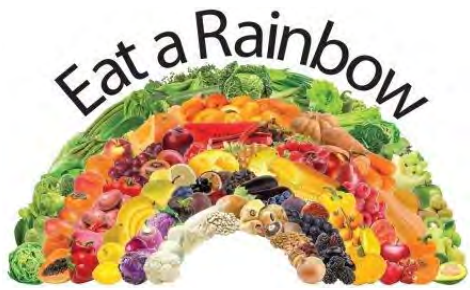
Purple vegetables



Red fruit



White and brown vegetables





Green vegetables



Yellow fruit



Orange vegetables



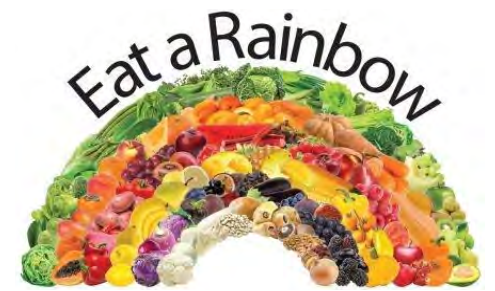
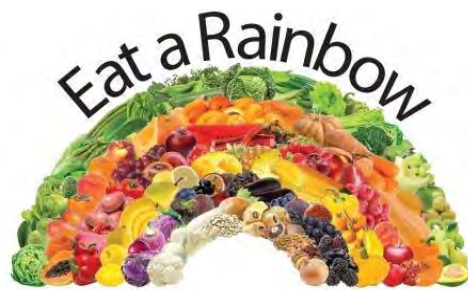
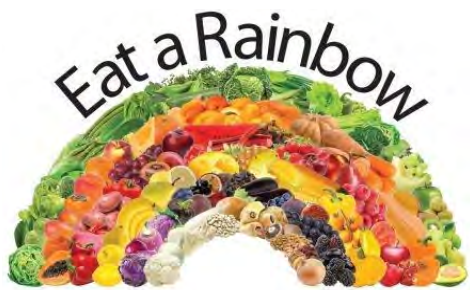
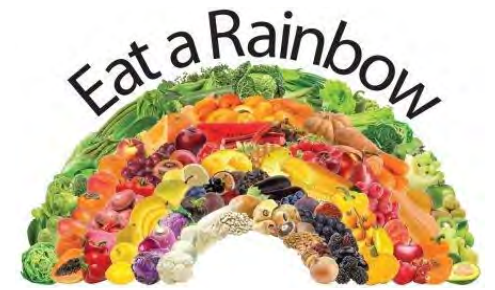
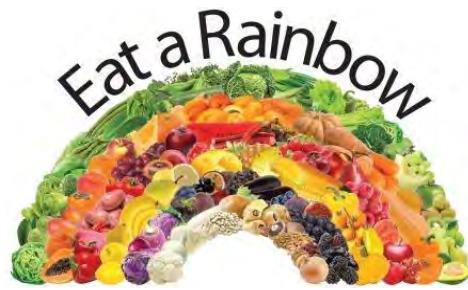
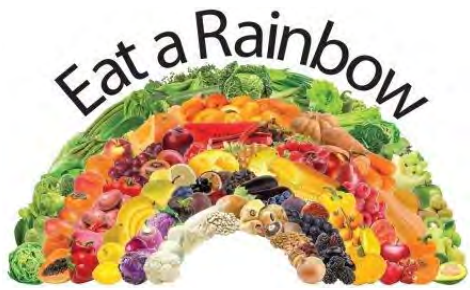
Purple fruit



Red vegetables



White and brown fruit



Eat a Rainbow memory game

For 2 or more players

Instructions:

1. Select a number of pairs of cards (matching coloured fruits or vegetables).
Younger children may only manage this game with 6 pairs, older children may like to try all 12 pairs.
2. Shuffle the cards and place each one face down on the table or floor (rainbow symbol on top).
Spread them out in rows or just randomly.
3. Taking it in turns, flip over two cards.

If they don't match, replace the two cards face down in the original position, and the next player takes a turn at flipping over two cards.

If the cards match, that player keeps the two matching cards, and has another turn.
Each player keeps flipping over pairs of cards until they cease to find matching pairs.
4. Keep taking turns trying to match pairs of cards, until they have all been matched.
5. The winner is the one with most cards at the end.



Eat a Rainbow is an initiative of Country Health SA

Memory game

Card template instructions

1. Print two sets of each sheet of colour groups of fruit and vegetables, preferably onto card or thick paper.
If possible, print back to back (duplex) with the 'backing sheet' of Eat a Rainbow graphics.
(Each square of fruit and vegetable images should have the Eat a Rainbow graphic on its reverse side).
2. Laminate each sheet.
3. Cut each sheet along the outlined borders to make 2 matching sets of 12 cards.

If you can't print double-sided, you could print single sided sheets of the fruit and vegetable images, and the Rainbow graphics sheets and paste them together before laminating.



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