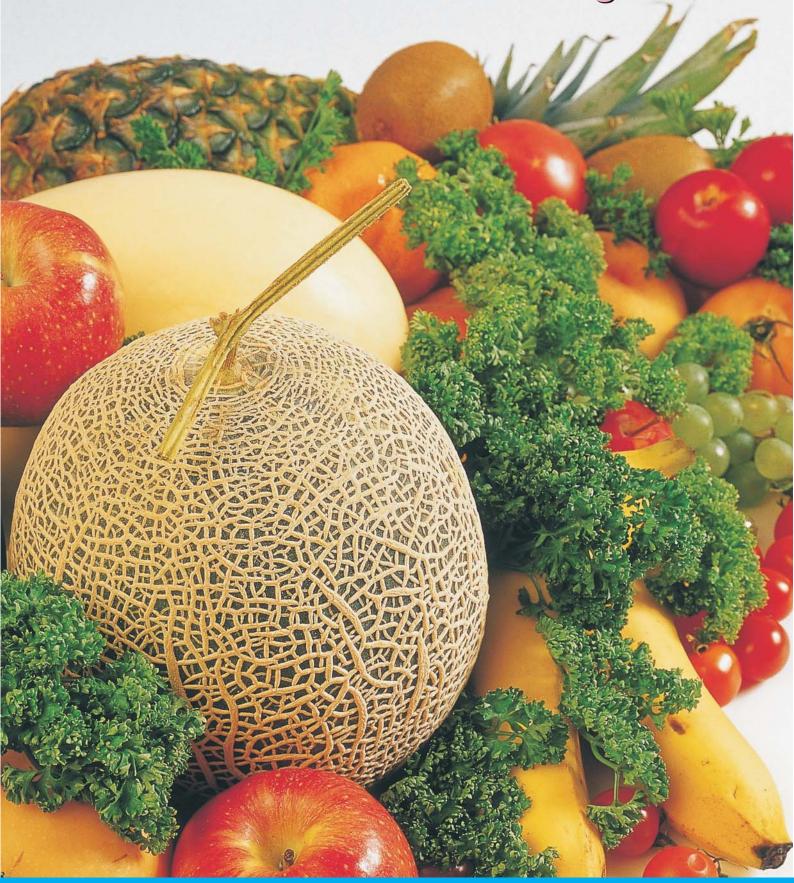
Eat a Rainbow of fruit and vegetables



Fruit and vegetables have vitamins and minerals. Vitamins and minerals help our body grow.

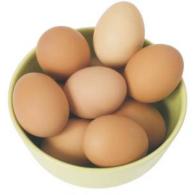


My brain, muscles, skin, hair and nails are made from protein









Meats & Proteins red/white meat cooked legumes (baked beans, lentils, chickpeas) and eggs

Discuss nutritional aspects of food with children during mealtimes



Carbohydrates give my body the fuel to play all day



Discuss nutritional aspects of food with children during mealtimes





Fibre, the skin on my vegetables helps keep my tummy and insides clean.



Discuss nutritional aspects of food with children during mealtimes





Good fats make your skin, hair and cells healthy.

Fats protect your organs and keep you warm.



Discuss nutritional aspects of food with children during mealtimes.

