Vege Adventure

Bring a rainbow of different fruit and vegetables for your Crunch&Sip® this week.

Parent Information

As part of Crunch&Sip® fruit and vegetable break at your child's school next week, we are conducting a new class activity. Vege Adventure encourages children to bring different colours of fruit and vegetable to school to eat.

Monday - favourite vegetable or fruit (any colour)

Tuesday - red

Wednesday - orange

Thursday - yellow

Friday - green

If you do not have any vegetables or fruit of that colour, simply send any colour. The colour chart on the right may help you choose.

Fruit &Vege Colours

The colours of vegetables and fruit come from plant chemicals which help to keep us healthy and fight disease. Eating a rainbow of fruit and vegetables provides a range of nutrients we all need.

Thank you for your support.

Tuesday

- Tomato
- Red capsicum
- Radishes
- Strawberries
- Cherries
- Red grapes
- Raspberries
- Watermelon
- Red apples
- Red kidney beans

Wednesday

- Peaches
- Nectarines
- Apricots
- Mangoes
- Carrots
- Rockmelon
- Sweet potato
- Tangelo
- Oranges
- Mandarins
- Pawpaw

Thursday

- Pineapple
- Corn
- Grapefruit
- Yellow capsicum
- Banana
- Golden kiwifruit
- Golden delicious Apple
- Yellow tomatoes

Friday

- Asparagus
- Avocados
- Broccoli
- Peas
- Green apples
- Green grapes
- Kiwifruit
- Green beans
- Lettuce
- Celery
- Cucumber
- Green capsicum
- Snow peas

NSW GOVERNMENT Health
Central Coast
Local Health District