

## 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.

For recipe ideas, visit https://livelighter.com.au/Eat-Brighter/





### Tuesday

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

#### Wedvesday

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

# Thursday

Pineapple Golden delicious Apple
Corn Yellow tomatoes

Grapefruit Yellow capsicum

Banana

Golden kiwifruit

### Friday

Kiwifruit

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