

## 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 EVege 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/

HOS
NSW

## Tuesdar

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

## Wednesdar

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

## Thursolay

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

## FrIday

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

