

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.

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

Wednesday

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

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



Health
Central Coast
Local Health District