

# Lesson #1

## FRUITS & VEGETABLES – EAT THE COLOURS OF THE RAINBOW

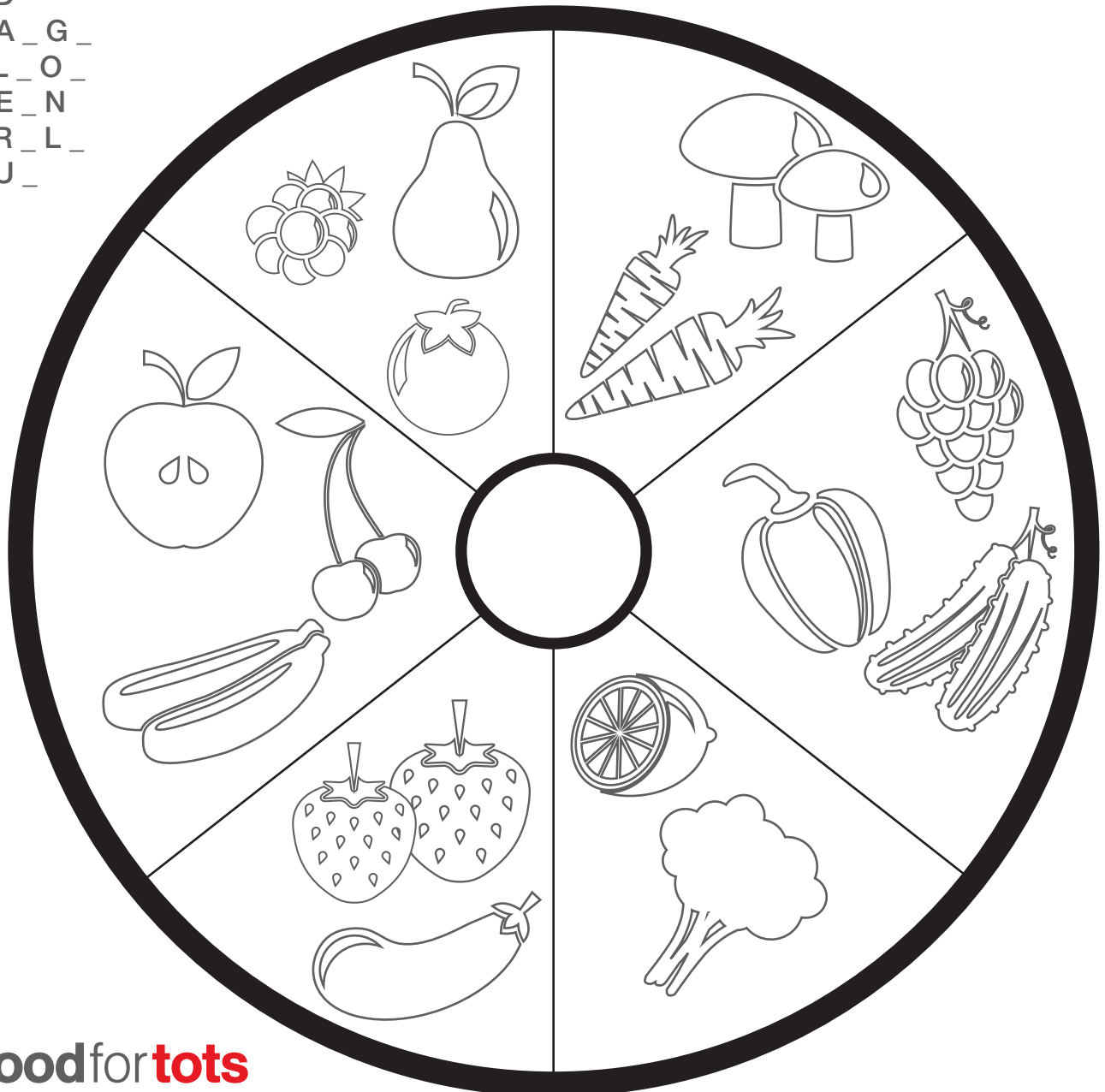
### Activity #1

Fill in the missing letters below to spell out the different colours.  
 Colour the fruits and vegetables inside the wheel.

*\*Note to Teacher: Print a copy of the activity sheet for each child in the classroom.*

What Colour Should We Be?

R \_ D  
 O \_ A \_ G \_  
 Y \_ L \_ O \_  
 G \_ E \_ N  
 P \_ R \_ L \_  
 B \_ U \_





# Lesson #1

## FRUITS & VEGETABLES – EAT THE COLOURS OF THE RAINBOW

### Activity #2

Fruits and Veggies add a rainbow of colour to your meal. Can you guess their names and what food group they belong to?

*\*Note to Teacher: Print a copy of the activity sheet for each child in the classroom.*

