**EAT A RAINBOW**

**Equipment**
- ✓ Variety of vegetables and fruit cut into small pieces
- ✓ Plastic plates
- ✓ Taste test sheets (one per child)

**Activity**
1. Print one copy per child of the ‘eat a rainbow’ sheets.
2. Before starting the activity ask all children and parents/carers to wash their hands.
3. Chop up a variety of fruit and vegetables listed on the taste testing sheets into small pieces.
4. Allow the children to taste test a variety of fruit and vegetables.
5. Children and parents/carers record their child’s experience using face charts next to pictures of the foods they tried.

**Questions**
- Point to various vegetables and/or fruits and ask children if they can name each one.
- Explore the different colours: What vegetables are orange, what fruit is red, etc.
- Explore the different textures: What does it feel like on your tongue, is it crunchy, soft, smooth, etc.
- Explore the different smells: What fruits have a sweet smell?
- Explore the different tastes: What tastes sweet? What tastes sour?

**Tips**
- Older children may like to help with cutting the softer foods using a butter or plastic knife.
- Always supervise children when cutting.
- Provide a range of both fruits and vegetables to taste.
- Inform parent/carers about this activity the week before and ask if anyone would like to bring in a fruit or vegetable they eat at home.

**Extension**
- Make your own or provide books which show foods of different colours.

**Learning links**
- Fine motor skills
- Healthy choices
- Communication skills.

**Did you know...**
Different coloured fruits and vegetables contain different vitamins. Therefore, it’s important to eat a rainbow every day.
EAT A RAINBOW OF FRUIT AND VEGETABLES

Name: ___________________________________________________________  Date:  _______________________________

Today I tried: ___________________________________________________________________________________________

And what I thought about it was: _______________________________________________________________

Dear (Mummy / Daddy / Carer) _____________________________________________________________________

Today I tried ____________________________________________________________________________ and I liked it.

Could you please pack this as a healthy snack.

Thank you!

<table>
<thead>
<tr>
<th>Yummy – I liked it</th>
<th>I’m not sure</th>
<th>My taste buds don’t like it yet</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Dear (Mummy / Daddy / Carer) ________________________________________________________________

Today I tried ___________________________________ and I liked it.

Could you please pack this as a healthy snack.

Thank you!

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawara Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.