

Activity: Eat colours everyday



What you will need

- ★ Copy of **Healthy, deadly lunch box** colouring-in sheets
- ★ Textas and crayons

(Option – Fresh fruits and vegetables or plastic, toy or pictures of fruits and vegetables)

What to do

Give children a copy of the **Healthy, deadly lunch box** colouring-in sheets

Option – Show (and taste) some fruit and vegetables in each colour group.

Fruit and vegetables are 'everyday' foods.

Talk about how fruit and vegetables have different colours and tastes and that we should eat a lots of different coloured fruit and vegetables every day to help you grow.

Ask children

What is your favourite fruit?

What is your favourite vegetable?

What types of foods do you like to eat for breakfast/lunch/dinner?

Key messages for children

- ★ Eating healthy foods helps keep your teeth and body healthy.
- ★ Food helps your body grow, play and learn.
- ★ 'Everyday' foods can be eaten everyday because they help you grow, play and learn.
- ★ 'Everyday' foods are food like fresh fruit, cheese, vegetables and sandwiches.

Have you tasted these foods?

What does healthy mean? Healthy means that you are not sick and that your body feels good.

The foods and drinks we eat are just as important for keeping our teeth healthy as they are for keeping our bodies healthy.

Eating a mix of healthy foods for breakfast, lunch and dinner is the best way to keep your teeth and whole body in good shape. If you are hungry and need a snack, choose foods like fruit or raw vegetables.

Download **Healthy, deadly lunch box** colouring-in sheets

VACCHO website

www.vaccho.org.au/wd/nutrition/hdlb

Download a list of different coloured fruit and vegetables

Eat a rainbow, Nutrition Australia website
www.nutritionaustralia.org/national/resource/eat-rainbow