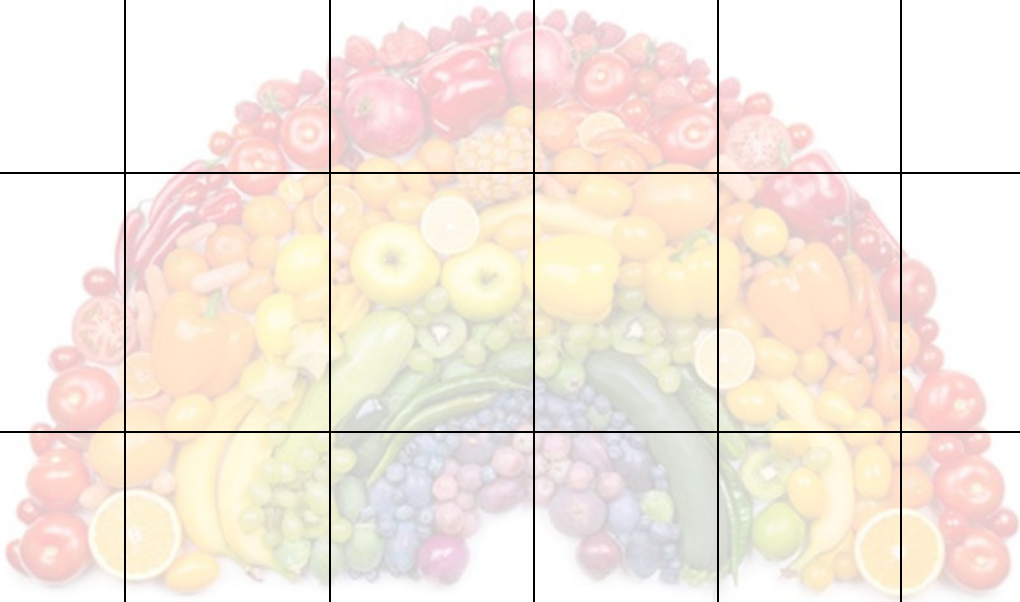


## Eat the Rainbow Challenge

Fruit and vegetables come in many different colours, all are beautiful and filled with different vitamins to make you strong.

This week I challenge you to eat all 6 colours of the rainbow EVERYDAY.

Tell us what you ate...	<i>red</i>	<i>orange</i>	<i>yellow</i>	<i>green</i>	<i>blue</i>	<i>purple</i>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						



**Eat all 6 colours of the rainbow every day in fruits and vegetables then send us a photo of yourself with your chart and we'll send you a yummy fruit TREAT.**