

Eat your colours

Different coloured vegetables give you different health benefits, which is why it is important to eat plenty of different vegetables in a variety of colours.

1 List your favourite vegetables under each colour.

Hint: use our vegetable colours posters to help you.

Green

e.g. spinach, broccoli, lettuce

Red

e.g. tomato, capsicum, radish

Orange/yellow

e.g. pumpkin, corn, carrot

Purple

e.g. beetroot, eggplant, purple kūmara

Brown/white

e.g. potato, mushroom, brown onion

2 **List** the vegetables that you would like to try under each colour.

Hint: use our vegetable colours posters to help you.

Green

e.g. artichoke, okra

Red

e.g. red kūmara, rhubarb

Orange/yellow

e.g. yellow carrot, kumi kumi, yam

Purple

e.g. purple beans, purple cauliflower

Brown/white

e.g. daikon radish, turnip