

Children's zone: Rainbow food



Have you ever noticed how fruits and vegetables have many different colours? All the colours of the rainbow in fact!

They also contain different things that our bodies need to stay healthy. For example, green foods help to keep our bones strong, and red foods are good for our hearts.

By eating lots of fruit and vegetables of different colours, we can make sure that we are getting all that we need to help our bodies stay healthy and strong.

In the space below, draw pictures of different types of fruit and vegetables available in your local area, sorting them into the different colours. How many different colours of fruit and vegetables can you eat in a week?

Bible verse memory challenge!

Spend some time thanking God for providing us with different types of food to eat.

Can you learn this Bible verse?

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

Genesis 1:29

