



Worksheet: My Child's Rainbow of Fruit and Vegetables

1 Record the various coloured fruits and vegetables your child has been served during the previous week and list them under the relevant colour

Name of Fruit or Vegetable	Red	Orange/yellow	Blue/ purple	Green	White/Brown

1 Are some colours more common than others and if so which colours are the most common?

2 Are some colours less common than others and if so which colours are the least common?

3 Can you suggest other examples for the least common coloured fruits that you can offer?

4 Can you suggest other examples for the least common coloured vegetables that you can offer?