

The Rainbow Challenge

Name _____ **Class** _____

To complete the rainbow challenge, draw, or stick in fruit and vegetable cards (Year 1-3) or upload a selfie or fruit/vegetable image (Years 4-6) for 7 days (Bronze), 14 days (Silver) or 21 days (Gold).

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							

****Bonus Bundles – Include any or all of these fruit and vegetable bundles for extra house points (you must include each item in the bundle)**

1 House Point

- Pink Grapefruit
- Orange Tomato
- Pineapple

3 House Points

- Pomegranate
- Kale
- Banana
- Prune
- Cauliflower

5 House Points

- Chestnut Mushroom
- Elderberry
- Artichoke
- Cranberry
- Radish

10 House Points

- Persimmon
- Asparagus
- Guava
- Star Fruit
- Coconut

Red foods are good for your heart and blood health and support joints like knees and elbows

Orange foods help keep your heart healthy

Yellow foods are good for skin and eyes and improve your digestion and immune system

Green foods are good for bones, detoxing the body and strengthens your immune system

Blue and Purple foods help memory, brain function and absorbing important minerals in the body

White and clear foods help your circulation system