

Move Well Eat Well

Eat a rainbow!

RED apple & capsicum

YELLOW pineapple & corn

GREEN grapes & beans

WHITE banana & mushrooms

PURPLE berries & eggplant

ORANGE rockmelon & carrot

Eating different colours provides different vitamins, minerals and antioxidants!



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**

For more information visit www.movewelleatwell.tas.gov.au

Produced for Kids – 'Go for your life' by
'Filling the Gaps' – The Royal Children's Hospital and
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