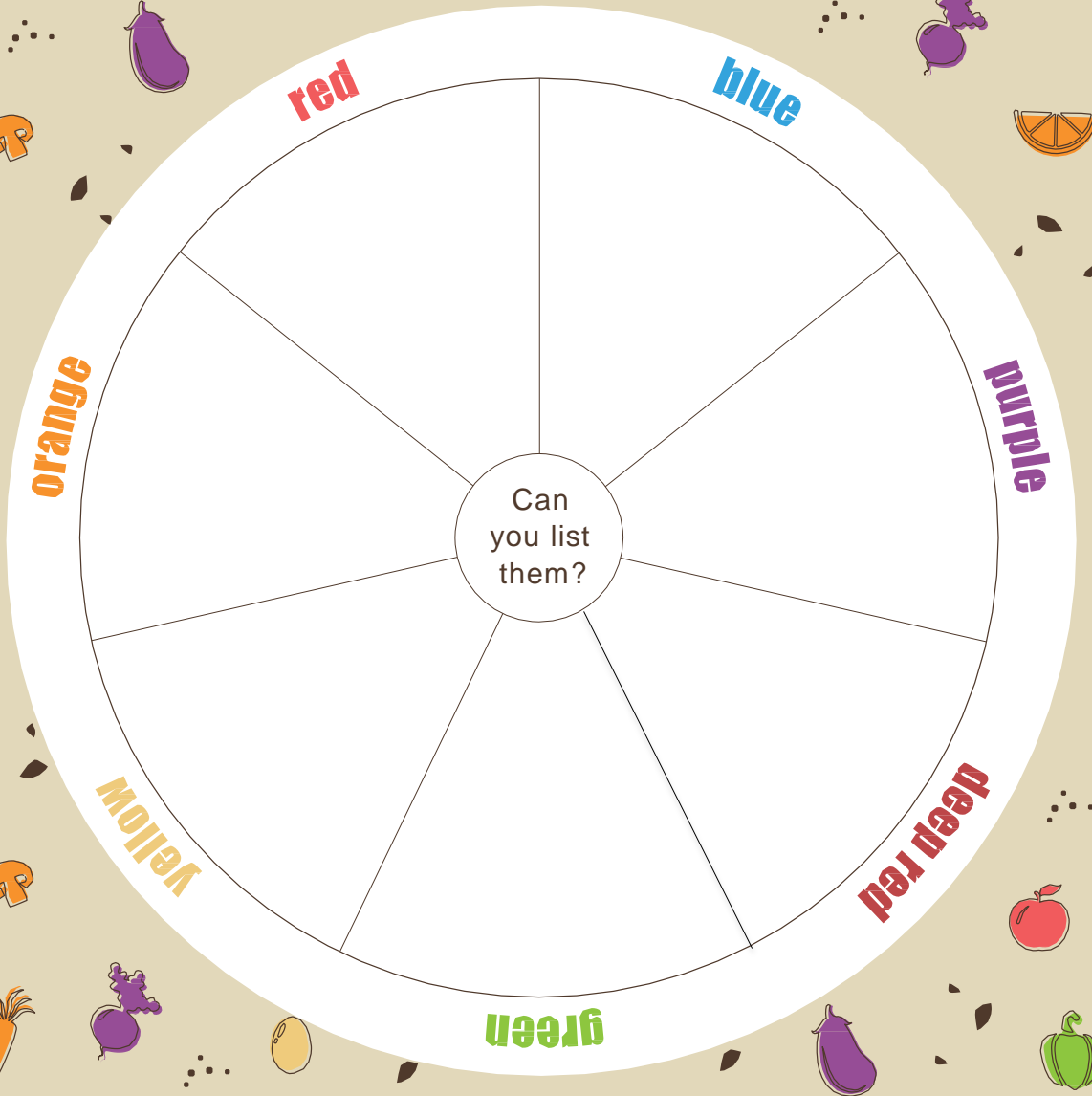
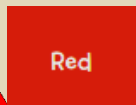


The 7 colours of

HEALTHY FOOD



Eat a **RAINBOW**
everyday!
More **COLOURS**
Matter



Red

Helps keep your heart strong



Orange/
Yellow

Helps keep your eyes healthy and keep you from getting sick



Blue/
Purple

Helps your memory



Green

Helps make your bones and teeth strong