

# EAT THE RAINBOW

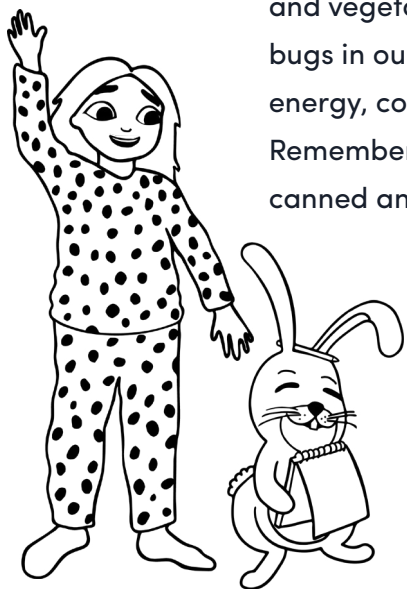
**“Red and yellow and pink and green, orange and purple and blue, I can eat a rainbow, eat a rainbow, and you can too!”**

WHY? No single fruit or vegetable provides everything you need for your body and your mind to stay happy and healthy.

That's why we need to eat a whole rainbow of different fruits

and vegetables. These colours feed all the little bugs in our gut, which can help us to have more energy, concentrate better and even be happier!

Remember you can get these fresh, frozen or canned and you should aim for at least 5 portions of fruit and veggies every day; try making a chart and see how you get on and challenge yourself to eat more!

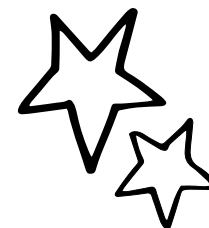
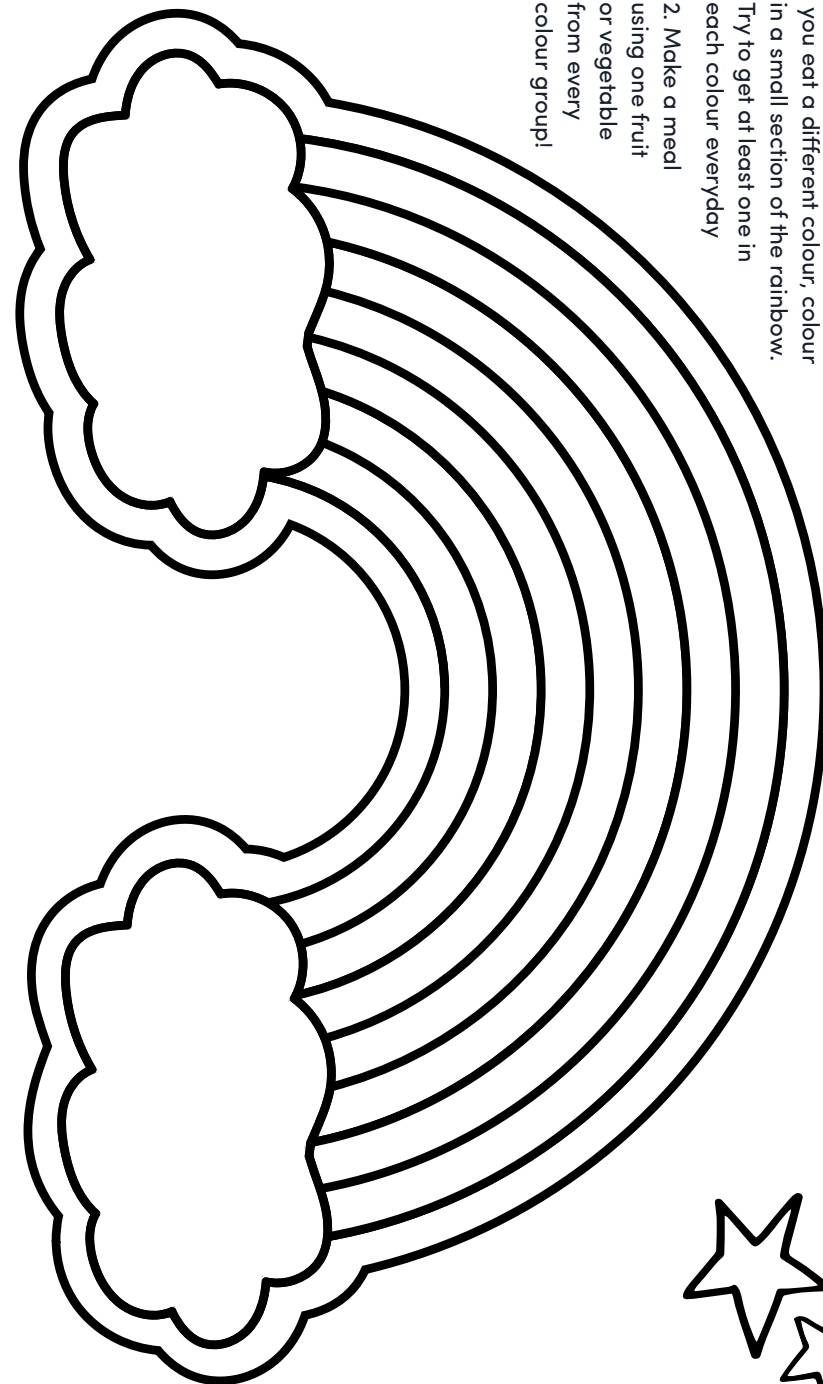


**Print me off and colour me in!**

## How to use the rainbow?

1. Use the downloadable poster, every time you eat a different colour, colour in a small section of the rainbow. Try to get at least one in each colour everyday

2. Make a meal using one fruit or vegetable from every colour group!



## RED

**Tomatoes, red peppers, strawberries, pomegranates, cherries, radish, red apples, chilli peppers, cranberries**

Something called lycopene gives red fruits their colour. This is thought to be really good for your heart to help it beat strongly!

### **Recipe: Roasted red veggies with quinoa** (serves 4)

2 tbsp olive oil, 12 plum tomatoes cut in half, 3 red peppers deseeded and cut into 8ths, 3 red onions thickly cut into 6ths, 6 garlic gloves, 1cm grated fresh ginger, 1 tsp each of rosemary and thyme, 1 tin chickpeas, 200g quinoa, salt and pepper.

Preheat oven to 200 degrees. Add 1tbsp oil to a large ovenproof dish and pack in the tomatoes, peppers, onions into a single layer. Sprinkle with grated ginger, rosemary and thyme and tuck garlic cloves in between them. Drizzle over the oil and season with salt and pepper. Toss everything together and slide into the oven. Roast for 30 minutes and then add the chickpeas to the tray. Roast for another 10-15 minutes with the chickpeas and serve with quinoa cooked as per instructions.

**BONUS:** Add some greens to me; steamed or roasted kale is delicious!

## ORANGE

**Sweet potatoes, carrots, butternut squash, pumpkin, orange tomatoes, apricots, oranges**

Something called carotenoids give these fruits and veggies their bright colour. These are converted to a vitamin which helps our eyes to work well!

### **Recipe: Butternut squash curry** (serves 4)

1 butternut squash peeled and chopped, 1 tbsp olive oil, 1 onion, 3 gloves of garlic, 1 knob grated fresh ginger, 2 teaspoons curry powder, 1 teaspoon coriander, 1 tin tomatoes, 1 tin coconut milk, 1 tin chickpeas, salt and pepper. Brown rice to serve!

Heat the oil in a pan and add onions, garlic and ginger and cook for 3 minutes. Add curry powder, coriander, squash, tomatoes, coconut milk, salt and 1 tin of water. Cover and bring to a boil. Let it simmer for 15 minutes and stir occasionally. After 15 minutes check to see if the squash is tender. If not cook for another 5 minutes and check again. Serve with brown rice cooked as per instructions!

**EXTRA BOOST:** You could even stir in a bag of spinach at the end of cooking!

## YELLOW

**Bananas, yellow peppers, yellow courgettes, pineapple, sweetcorn, lemon, turnips, winter squash**

These sunny fruits and veggies help to protect your skin and help your muscles and bones to move properly!

### **Recipe: Sweetcorn and courgette fritters** (serves 2).

½ can sweetcorn, 1 courgette, 4 tbsp chickpea flour (available at supermarkets in world food aisle), olive oil, salt and pepper.

Grate courgette into a bowl and mix with the sweetcorn, flour, salt and pepper and stir until it has a batter consistency. Pan fry dollops of the mixture in a splash of oil on a medium heat for a few minutes on each side until golden brown!

Serve these with your favourite wholegrain (brown rice, quinoa, bulgar wheat), some green veggies and a dollop of hummus!





## GREEN

**Spinach, broccoli, kale, cucumber, edamame beans, courgette, brussel sprouts, lettuce, watercress, green apples**

Green veggies are rich in B vitamins which are super duper important for our health, especially for our brains. Try to eat a portion of greens every single day!

**Recipe: Green bean and broccoli stir-fry (serves 4)**

100g green beans, 150g broccoli florets, 1 tbsp olive oil, 6 spring onions, 1 garlic clove, knob of grated fresh ginger, 200g wholewheat noodles, 2 tbsp soy sauce, 1tbsp rice vinegar 100g beansprouts.

Heat the oil in a pan and add spring onions, garlic, ginger and broccoli for 2 minutes. Add the beans and cook for 5 minutes. Add vinegar, soy sauce and a splash of water and cook for 1 minute and then take off heat. Add the beansprouts and stir through. Cook and drain the noodles as directed. Serve in a bowl. Feel free to add some chopped unsalted nuts or herbs for some extra protein, crunch and goodness

## PURPLE

**Red cabbage, blueberries, blackberries, blackcurrants, purple potatoes, aubergine, prunes, figs, purple carrots**

These beautiful fruits and veggies could help you to live longer and improve your memory! These are a powerful type of food and really pack a punch of goodness.

**Recipe: Berry Smoothie (serves 1)**

½ banana, 80g frozen mixed berries, 1 tablespoon oats, 50ml milk and add water to the consistency you would like.

Throw everything in a blender and whizz whizz whizz. This is a delicious breakfast smoothie or healthy snack!

## WHITE

**Potatoes, mushrooms, garlic, onion, ginger**

These help to keep our bones strong and add lots of delicious flavour to our food!

**Recipe: Mushroom pitta pizza (serves 1)**

1 pitta bread sliced open. 2 tbsp tomato puree/passata. 30g Low fat mozzarella/ricotta. 4 Sliced mushrooms. Handful of spinach.

Layer the pitta bread with the tomato puree, cheese, and sliced mushrooms and then place under the grill for a few minutes until the cheese is bubbling hot. Add the spinach just before the end to wilt down a little!

**BONUS:** How many different veggies can you add to your pizza!?

