

Eat the Rainbow



No Fuss

Let's work together

Use this poster together to explore new foods and taste the rainbow!

Work Together:

- Cook and prepare meals and snacks together.
- Shop together and explore the different types of fruit and vegetables.
- Grow some herbs, fruit or vegetables together.

Get Creative:

- Prepare and try foods in different ways; cooked, cold, raw.
- Cut foods into different shapes and have a range of different colours.
- Plate up meals in different ways with food together, separate and on platters to pick and choose.

Family Focus:

- Avoid distractions, turn off screens and put away toys.
- Eat together and talk about what you have done in the day and what is planned for the rest of the day or tomorrow.
- Talk about what you like about the food on your plate.

Keep Trying:

It takes over 14 times of trying foods in different ways to decide if you like it.





Look

What colour is it?

What shape is it?

How could it be eaten?

- Cooked
- Raw



Touch

How does it feel?

- Furry
- Rough
- Bumpy
- Spikey
- Smooth



Smell

Does it have a smell?

How does it smell?



Kiss

Touch to lips



Taste

Is it?

- Sweet
- Sour
- Spicy

When eating it, is it?

- Soft
- Lumpy
- Crunchy

