SIMPLY VEG

EAT THE RAINBOW

HOW MANY ROWS CAN YOU COMPLETE?

Cauliflower, Mushrooms, Shallots, Onions, Turnips, Fennel, Parsnips, Chickpeas	Sweetcorn, Yellow Peppers, Summer Squash, Yellow Split Peas, Yellow Lentils	Orange Peppers, Butternut Squash, Pumpkin, Carrots, Sweet Potatoes	Red Peppers, Beetroot, Red Onion, Red Cabbage, Radish, Tomato, Raddichio, Red Lettuce, Red Lentils	Black Olives, Aubergine, Red Cabbage, Purple Broccoli, Purple Carrots	Asparagus, Avocado, Green Peppers, Broccoli, Bok Choi, Brussel Sprouts, Cabbage, Celery, Spinach, Green Olives, Lettuce, Kale, Okra, Swiss Chard, Cucumber, Green Beans, Rocket, Peas

COLLECT 5 DIFFERENT COLOURS EVERY DAY

TICK OFF YOUR COLOURS

COLOUR IN THE STARS WHEN YOU COMPLETE A ROW!!

1 2 3 4 5 6 7

Get your rainbow chart at **simplyveg.org.uk**