

Shaun the Sheep™

EAT THE RAINBOW



HOW MANY ROWS CAN YOU COMPLETE?

EAT
DIFFERENT
COLOURED
VEGETABLES

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

Radish, Raddichio,
Beetroot, Tomato,
Red Peppers,
Red Cabbage,
Red Lettuce,
Red Lentils,
Red Onion

Aubergine,
Black Olives,
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

TICK
OFF
COLOURS ON
THE CHART

1
2
3
4
5
6
7

GET YOUR RAINBOW CHART AT SIMPLYVEG.ORG.UK

COLOUR IN
THE STARS
WHEN YOU
COMPLETE
A ROW!!

