

HOW MANY ROWS CAN YOU COMPLETE?



EVERY TIME YOU EAT A VEGETABLE ADD THE RIGHT COLOURED STICKER TO YOUR CHART TO COLLECT YOUR RAINBOWS

SIMPLYVEG.ORG.UK
FOR TIPS, ADVICE AND MORE RESOURCES.



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, Tomato, Red Peppers, Red Lettuce, Red Lentils, Red Onion

Aubergine, Black Olives, Red Cabbage, Purple Broccoli, Beetroot, 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