



Action Schools! BC

Veggies and Fruit the colour way

See how many colours you can eat every day. Fill in the vegetable and or fruit you eat each day under the colour category. Aim for at least one in each of the five categories every day.

Yellow/
orange

Blue/
Purple

Red

Green

White/
Brown

	Yellow/ orange	Blue/ Purple	Red	Green	White/ Brown
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

