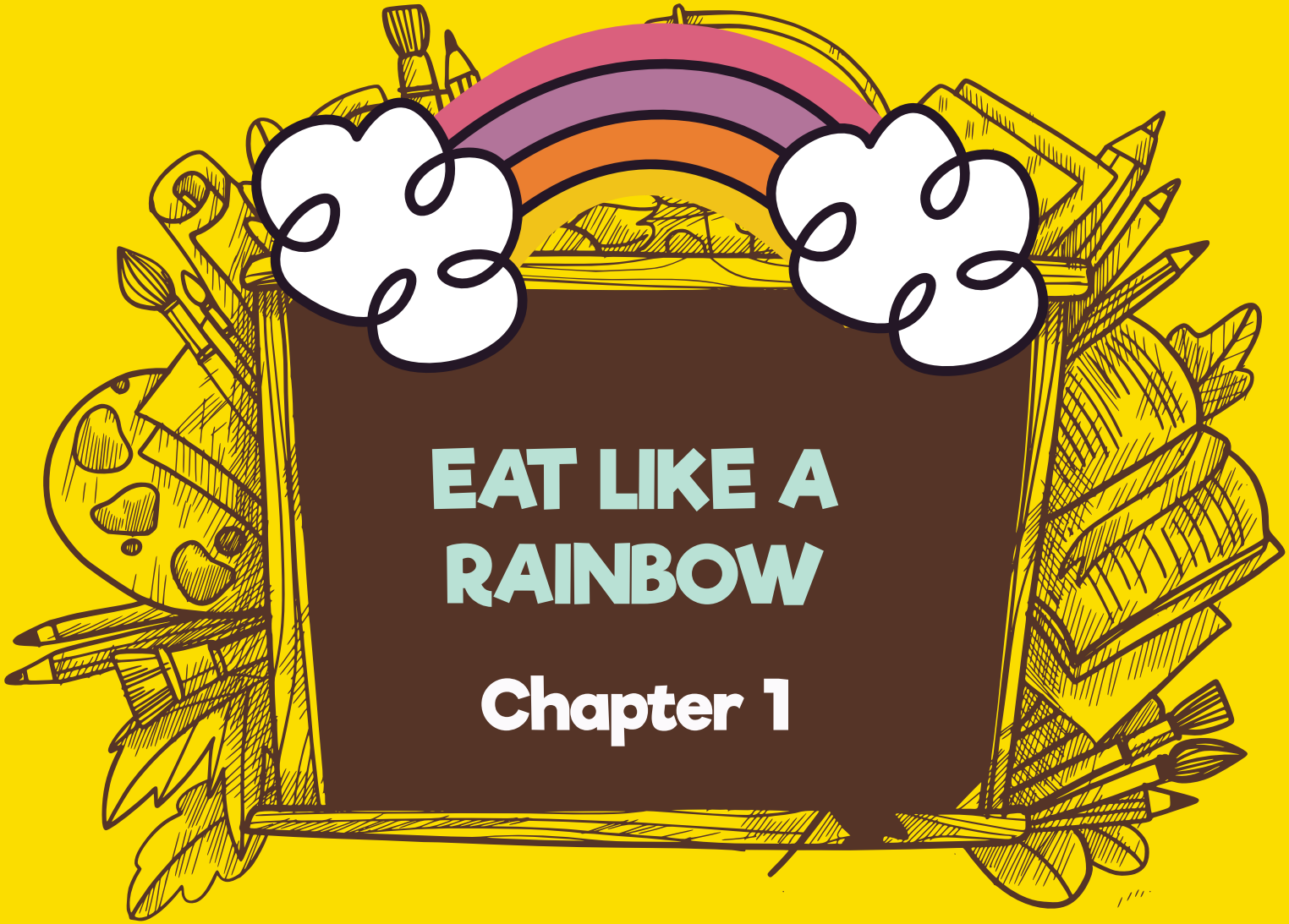
GRADE 3



A guide to healthy eating



Eating a variety of colorful fruits and vegetables gives us a range of nutrients

Each color group makes us healthy in a different way

This is why we should eat like a rainbow and add as many colours as possible into our diet

RED

Tomatoes, strawberries, red peppers, watermelon, cherries

Nutrients: Vitamin C and antioxidants.

Supports heart health, reduces cancer risk, and improves skin health



ORANGE
YELLOW

Carrots, sweet potatoes, oranges, pumpkins, mangoes

Nutrients: Beta-carotene, Vitamin A, and Vitamin C

Boosts immune system, supports eye health, and makes skin glow



GREEN



Spinach, broccoli, kale, peas, avocado, kiwi

Nutrients: Folate, iron, calcium, vitamin K

Improves bone health, aids digestion, detoxifies the body, and reduces inflammation

BLUE PURPLE



Blueberries, eggplant, grapes, blackberries, plums

Anthocyanins, resveratrol, Fiber

Supports brain health, fights inflammation, and helps us live longer


Add a variety of colorful vegetables to every meal
Try new fruits and vegetables regularly