

## EAT A RAINBOW

A rainbow is a phenomenon that is caused by light from the sun being reflected in water droplets in the earth's atmosphere. When we see a rainbow we are actually seeing light changing directions (refracted) through water droplets causing the coloured arc that appears in the sky.

Everyone loves seeing a rainbow; they make us think of magical things and we often wonder what is at the end of it. Perhaps it's a pot of gold or maybe a basket of yummy fruit and vegetables?

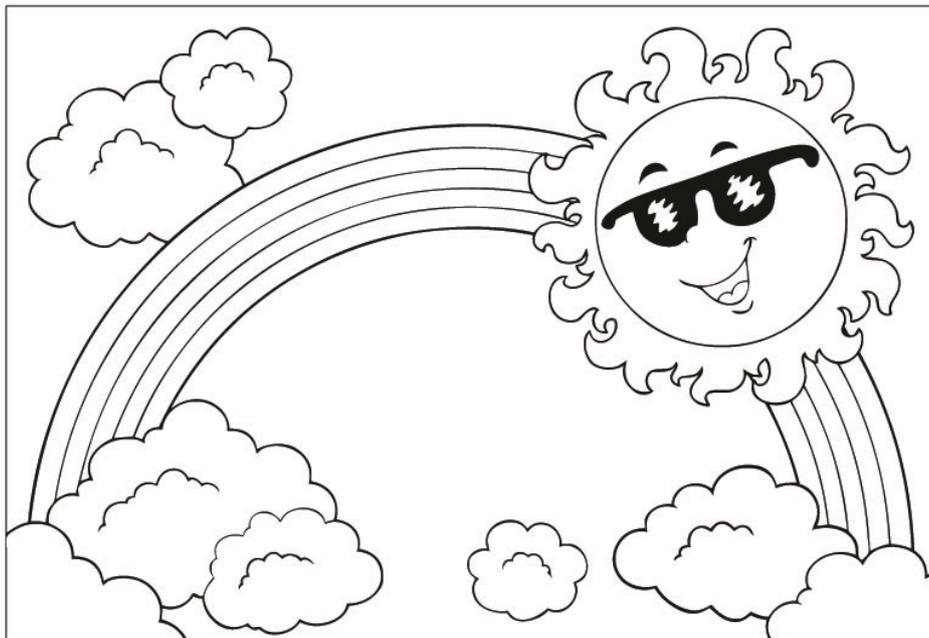
It is important to eat lots of fruit and vegetables in our diet to ensure that our bodies get all the nutrients and minerals that they need. Fruit and vegetables contain a lot of water which is essential for our body and skin to stay healthy. They also contain plenty of fibre, which our body needs to help cleanse and rid itself of waste and toxins and keep its bowel healthy. Fruit and vegetables also lower cholesterol.

Fruit and vegetables are a fantastic source of 'phytonutrients' which are natural chemical compounds found in all plants. They help to protect us against disease and ensure that our bodies are healthy. These phytonutrients give fruits and vegetables their different colours and each one is crammed with different minerals, vitamins and nutrients and antioxidants.

By eating a variety of different coloured fruit and vegetables every day, we can ensure that we are giving our bodies the energy that we need to live, grow, learn and have heaps of energy to play and have fun.

Starting from the inside, the colours that we see in a rainbow are red, orange, yellow, green, blue, indigo and violet.

**Colour the picture below so that the colours of the rainbow are in the correct order.**



**A TASK FOR THE SMARTY PLANTS!**

**Can you think of a clever way to remember the colours of the rainbow?**