

## Assembly Presentation Lesson Plan – Eat the colours of the rainbow

Slide	Content	Additional Information
1	Title Slide	
2	<p>What is Eating the colours of the rainbow?</p> <ul style="list-style-type: none"> <li>Fruits and vegetables contain thousands of different vitamins, minerals and nutrients</li> </ul>	<p>Eating the colours of the rainbow is all about eating a variety of fruits and vegetables.</p> <p>The different colours of fruits and vegetables provide you with different nutrients and minerals, all of which are important to keep healthy</p>
3	<p>Why eat the colours of the rainbow?</p> <p><b>Red</b></p> <ul style="list-style-type: none"> <li>helps fight cancer</li> <li>reduces the risk of diabetes and heart disease</li> <li>improves skin quality</li> </ul>	<p>Red fruits and vegetables include tomatoes, peppers, apples, strawberries etc.</p> <p>These contain antioxidants which are useful for helping prevent you getting illnesses in later life.</p>
4	<p><b>Yellow and Orange</b></p> <ul style="list-style-type: none"> <li>help improve your immune system</li> <li>promote eye health</li> <li>reduce risk of heart disease</li> </ul>	<p>Yellow and orange fruits and vegetables include carrots, oranges, grapefruit, sweet potatoes etc.</p> <p>These contain lots of vitamin A and vitamin C, which are important for keeping your immune system healthy to prevent you getting ill.</p> <p>They are also useful for keeping your eyes healthy.</p>
5	<p><b>Green</b></p> <ul style="list-style-type: none"> <li>Helps healing</li> <li>Helps improve your immune system</li> <li>Helps remove impurities in your body</li> <li>Helps store energy</li> </ul>	<p>Green vegetables include foods such as broccoli, peas, green apples, kiwi fruit</p> <p>Green vegetables contain many useful nutrients including B vitamins and vitamin K which are essential for keeping your blood and bone healthy.</p> <p>Green vegetables are particularly helpful for improving your immune system to stop you from getting ill.</p>
6	<p><b>Blue &amp; Purple</b></p> <ul style="list-style-type: none"> <li>Helps your memory</li> <li>Protects cell damage</li> <li>Helps fight inflammation</li> <li>Help keep you young</li> </ul>	<p>Blue and Purple vegetables include foods such as aubergine, blueberries, grapes, red cabbage, beetroot.</p> <p>These foods also contain antioxidants which help your body fight illnesses and inflammation. These are also important to keep your heart healthy</p>

7	<p>How much should I eat?</p> <p>Aim for 5 portions of fruit and vegetables each day</p> <p>As a rough guide, 1 portion is the amount you can fit in the palm of your hand</p> <p>A portion can be:</p> <ul style="list-style-type: none"> <li>• Dried fruit</li> <li>• Fresh or frozen fruit</li> <li>• Fresh or frozen vegetables</li> <li>• Tinned fruit or vegetables</li> <li>• Small glass of fruit juice</li> </ul>	<p>Try to get as many different colours of fruit and vegetables each day as you can</p>
8	<p>Having a diet rich in all of these colours is the best way to stay healthy!</p>	
9	<p>End Slide</p>	

