

Last term with Mrs Strachan we were learning about what being healthy means and what we can do to stay healthy.

Here are two health activities you can try this week.

To stay healthy we should eat fruit and vegetables. Over the next week can you try and eat a rainbow? You won't eat an actual rainbow but can you eat fruit and vegetables that are every colour of the rainbow? Something red, yellow, pink, green, orange, purple and blue. If you're struggling try and think of other healthy foods you could try that are these colours that aren't fruit and vegetables.



Eat a Rainbow!

Make half your plate fruits and veggies



To keep healthy it's good to get outside and get fresh air. Can you do a rainbow colour hunt next time you go outside? You can search for things that are the colours of the rainbow.



I have attached some photos to help explain these activities further.

I hope these activities are enjoyable for you.

Mrs Strachan