

Super colourful and creative looking 'Super rainbow lunches' 😊



**Why was my super rainbow lunch healthy?**

The lunch is healthy as it has a variety of vegetables and cheese which is good protein.

**How did your super rainbow lunch use a variety of foods?** Explain which foods you used and how they are healthy? (What nutrients do they provide?)

It used a variety of foods as it had lots of vegetables that are rich in Vitamins A, C, B and kale which is a source of iron and B group vitamins. The cheese contains fat for a concentrated form of energy and calcium for healthy bones. It also uses fresh herbs and dressing which makes it even tastier.

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Do you eat at least 5 different coloured vegetables every day?

