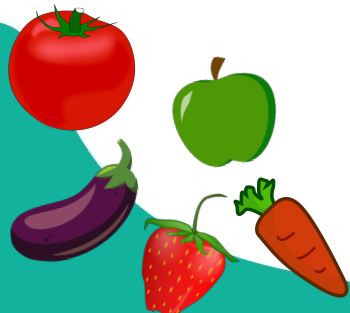


Healthy Food Colours

Activity 2



- Place A4 sheets of green, red, blue/purple, orange, yellow, and white paper where your students can see them.
- Divide the class into pairs or groups of 3 & allocate a colour to each group (there will be several groups with the same colour).
- Ask students to brainstorm as many healthy foods as they can think of that are the same colour as their piece of paper. Each group shares their answers.
- You can also ask students to draw a healthy afternoon snack, or a healthy breakfast with foods from each colour group.