

sunbeams eat a rainbow

Did you know that eating certain foods can help you see well and keep your eyes healthy?

Fish, chicken, whole grains, eggs plus brightly coloured fruits and vegetables like carrots and beetroot are all packed with eye-friendly nutrients.

Can you think of some fruits and vegetables that match the seven different colours of the rainbow?

red

orange

yellow

green

blue

indigo

violet

Design a meal

Ellen and Ravi are busy picking leafy greens from their vegetable patch. Can you help them design a delicious meal to keep their eyes healthy and bright?

Draw your meal ideas onto a paper plate.

For more fun games and activities visit:

www.visionmatters.org.uk/sunbeams

Sunbeams Worksheet No.4

