Different coloured vegetables give you different health benefits, which is why it is important to eat plenty of different vegetables in a variety of colours.

1 List your favourite vegetables under each colour.

**Hint:** use our vegetable colours posters to help you.

**Green**

*e.g. spinach, broccoli, lettuce*

**Red**

*e.g. tomato, capsicum, radish*

**Orange/yellow**

*e.g. pumpkin, corn, carrot*

**Purple**

*e.g. beetroot, eggplant, purple kūmara*

**Brown/white**

*e.g. potato, mushroom, brown onion*
List the vegetables that you would like to try under each colour.

Hint: use our vegetable colours posters to help you.

**Green**
- *e.g. artichoke, okra*

**Red**
- *e.g. red kūmara, rhubarb*

**Orange/yellow**
- *e.g. yellow carrot, kumi kumi, yam*

**Brown/white**
- *e.g. daikon radish, turnip*

**Purple**
- *e.g. purple beans, purple cauliflower*