



'Taste the Rainbow' with this healthy selection of foods!

Why not ask your child to help you prepare this snack?

You will need a large plate, a small knife, chopping board and a variety of coloured foods to create the rainbow. Start with a talk about knife safety – see link below. Show your child how to hold the knife safely e.g. to slice the banana.

<https://makewithkate.co.uk/teach-child-use-a-knife-safely-kitchen/>

**Here are some examples of foods you might use:**

Red – Strawberries, cranberries, raspberries, watermelon, tomatoes

Orange – Cheddar cheese cubes, melon, orange or satsuma segments

Yellow – Yellow peppers, pineapple, saffron yellow rice or golden rice

Green – Green grapes, garden peas, kiwi

Blue – Blueberries

Purple – Blackberries, mulberries, purple grapes, cooked aubergine

Clouds – banana

**'Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy.'**  
**HWB 0-30a**

Skills:

- Independently make a choice from a selection of foods.
- 'Have a go' at trying new foods.
- Identify and discuss different foods.
- Identify favourite types of food.
- Talk about what some foods taste or feel like.
- Talk about why certain foods are important to a healthy body.
- Choose different food types to make a healthy plate during role play

You might want to talk to your child about the different foods you are preparing together and how they can help children to grow and stay healthy. Maybe you could look up the benefits of the foods you have prepared together?

Did you know?

Tomatoes contain vitamin C - which supports growth and development, vitamin A - which supports immunity, eyesight, and skin health and vitamin K - which is good for your bones. Tomatoes also contain potassium which is good for your muscles.

Cheese provides calcium and protein— good for growing teeth and bones.

Peppers - These nutrient-dense veggies are high in immune-boosting Vitamin C, E and A, and have a wide array of B Vitamins that help the body's cells produce energy.

Grapes - green grapes are packed with vitamins and minerals. Most notable are their high levels of Vitamin C and Vitamin K.

Blueberries – are of benefit to growing children as they are thought to improve neuron communication within the brain. They contain dietary fibre which aids bowel movement.

Aubergine – is fibre rich and contains many minerals, like magnesium, and vitamin B. It is also a strong antioxidant, protecting cell membranes of the brain - making aubergine ideal for growing children.



**'I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth.'** HWB 0-33a

Skills:

- Wash hands correctly and explain that clean hands stop the spread of germs.
- Know that hands are washed after coughing, sneezing, going to the toilet or before eating.

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