

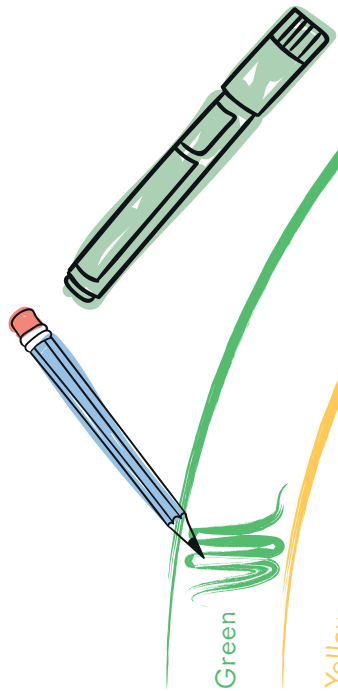
# Rainbow food tracker

Are you eating a rainbow  
of different colours?



Don't forget to take a  
snap of your activities  
and share them with us!

Remember to tag us and use the hashtag  
#TopTatieTips



Green

Yellow

Orange

Red

Purple

Make a note of all the  
different coloured fruit and veg  
you eat this week and colour in  
the stripe as you go