

# Let's Eat The Rainbow!



Catherine Jeans  
DiplON mBANT  
CNHC

The Family  
Nutrition Expert

THE FAMILY  
NUTRITION EXPERT

CATHERINE JEANS DiplON mBANT CNHC



What did you learn on  
Monday?

**FOODS I'VE EXPERIENCED THIS WEEK**

**NAME:** \_\_\_\_\_

FOOD	WHAT DOES IT LOOK LIKE?	WHAT IS THE TEXTURE?	HOW DOES IT SMELL?	HOW DOES IT TASTE?	ANYTHING ELSE? SCORE OUT OF 10?



### Eat a Rainbow Fruit & Veg Chart

Did you know it's possible to eat the rainbow? Your body needs a variety of fruit and vegetables of all different colours to help keep it healthy. Aim to eat EVERY colour EVERY single day... helping you reach your target of at least 7 veggies and fruit every day!

Name: .....

Day	Red	Orange	Yellow	Green	Blue	Total ✓'s
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						



# What will we learn today?

1. **Why should we try to eat a rainbow?**
  - How does it help our gut microbiome?
2. **How can we eat a rainbow?**
3. **Some yummy recipes!**



## Eat a Rainbow Fruit & Veg Chart

Did you know it's possible to eat the rainbow? Your body needs a variety of fruit and vegetables of all different colours to help keep it healthy. Aim to eat **EVERY** colour **EVERY** single day... helping you reach your target of at least 7 veggies and fruit every day!

Name: .....

						Total ✓'s
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Why should we eat a rainbow of fruit and vegetables?



A microscopic view of numerous blue-stained bacteria, likely Bacillus subtilis, showing their characteristic rod-like shape and branching patterns. The bacteria are densely packed and appear to be in various stages of growth or division. The background is a light blue color, and the bacteria are rendered in a darker blue hue.

**A question...**  
**Is all bacteria bad?**

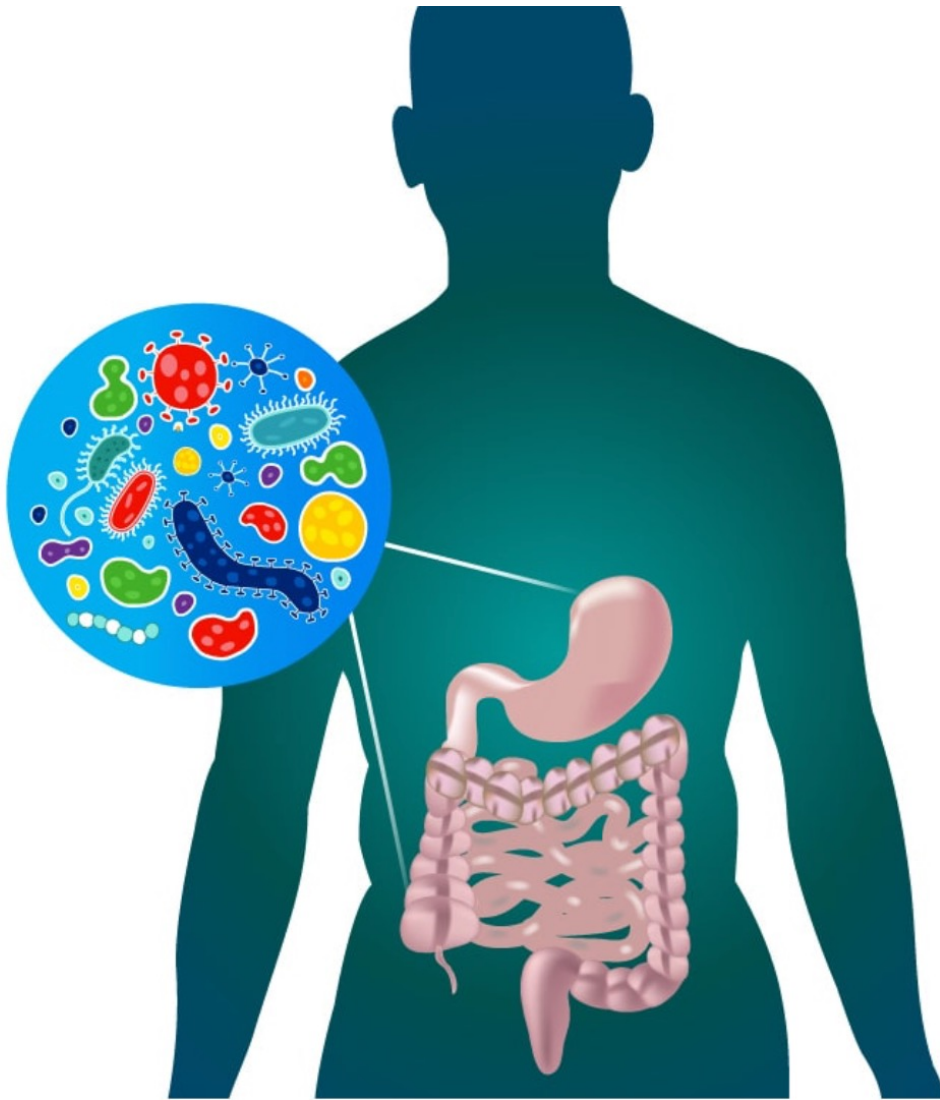


An illustration of two scientists in white lab coats on a small boat. One scientist is using binoculars, and the other is using a net to catch something from the water. The boat is surrounded by various colorful microorganisms, including bacteria, fungi, and other cells, representing a diverse microbiome. The background is a light greenish-blue color.

# What is a microbiome?

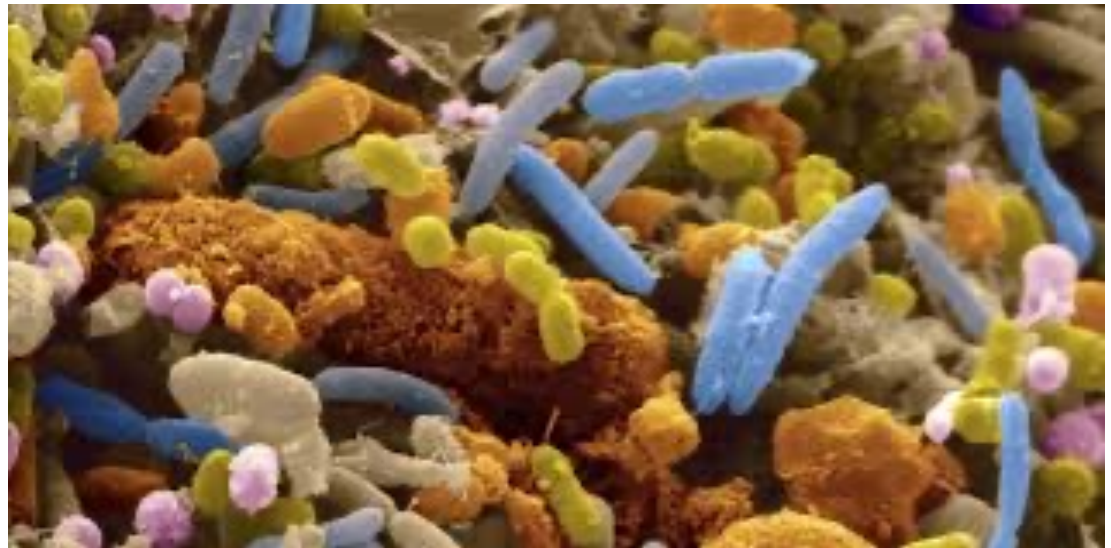
A community of micro-organisms living together in a habitat.

# Our gut microbiome...



# Amazing facts about the gut microbiome...

- We have more bacterial cells in our body than human cells!



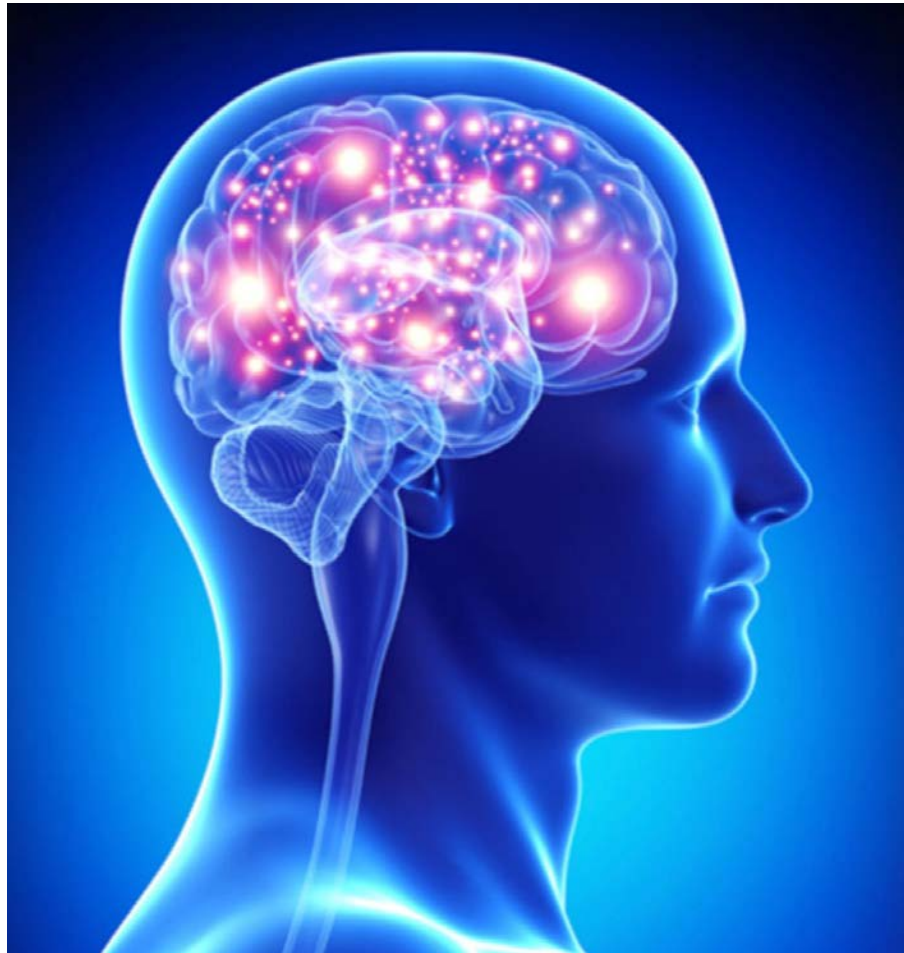
30 to 400 trillion microorganisms in our gut  
Human cells – 5 trillion to 724 trillion



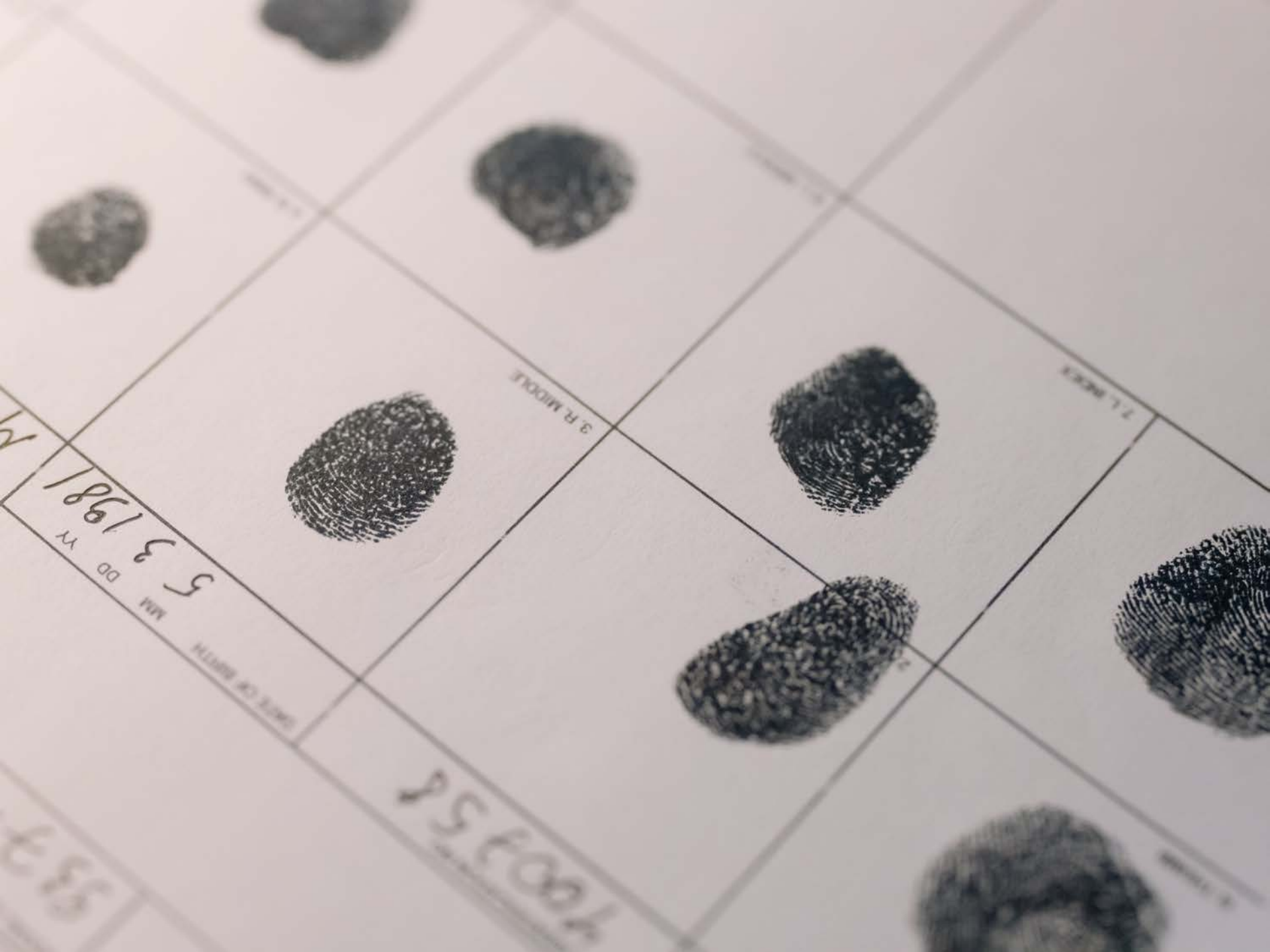
# Some jobs of the gut microbiome...

- Make vitamins
- Help your body digest and absorb foods
- Help prevent infection or illness
- Help you go to the toilet
- Talk to your brain
- Talk to your immune system
- Help you feel happy!

# Help you learn!







3. R. MIDDLE

7. L. MIDDLE



5 3 1981  
MM DD YY

DATE OF BIRTH

P56004

E-85

# Step 1: Rainbow eating!











# Questions?

