Let's Eat The Rainbow!

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THE FAMILY NUTRITION EXPERT

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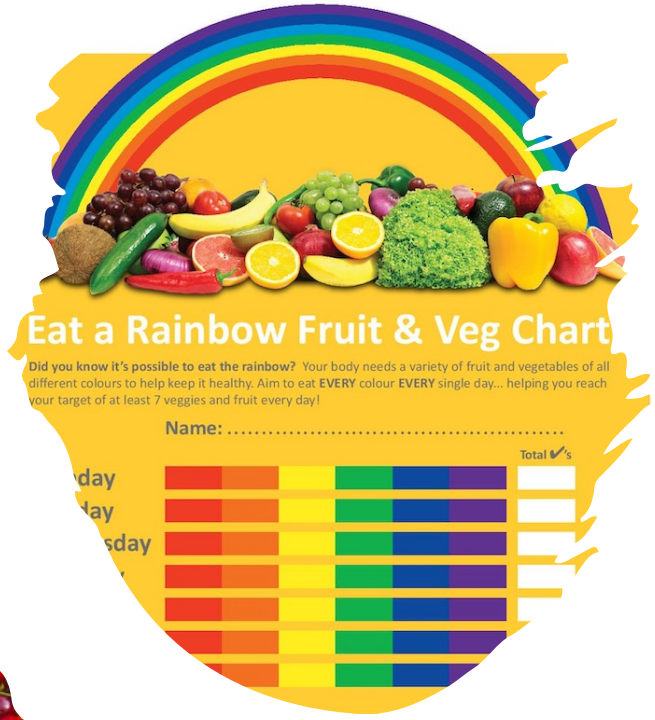
What did you learn on Monday?

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?



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

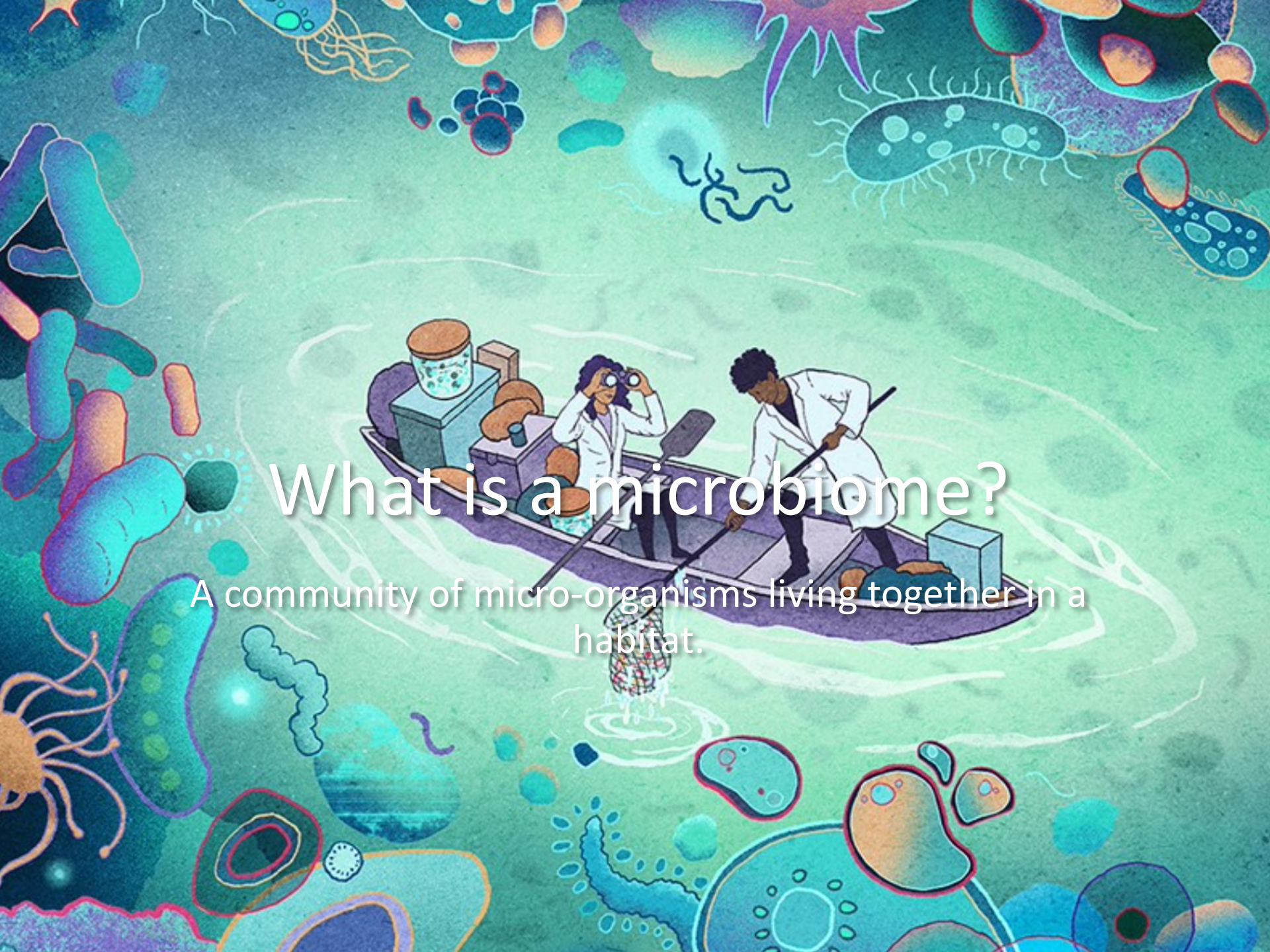
Did you know it's possible to eat the rainbow? Your body needs a variety of fruit and vegetables of all different colours to help keep it healthy. Aim to eat **EVERY** colour **EVERY** single day... helping you reach your target of at least 7 veggies and fruit every day!

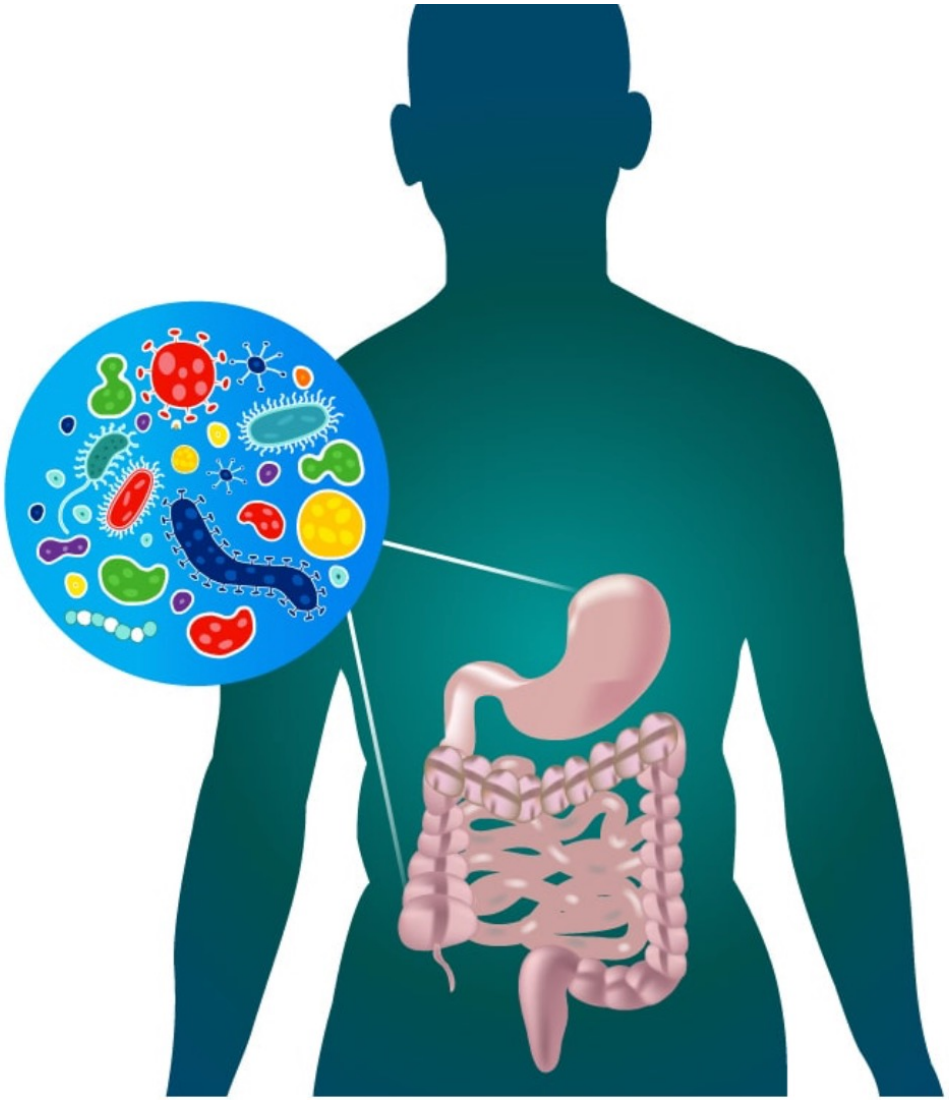
Name: .....

		Total ✔'s
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Why should we eat a rainbow of fruit and vegetables?

A question…
Is all bacteria bad?

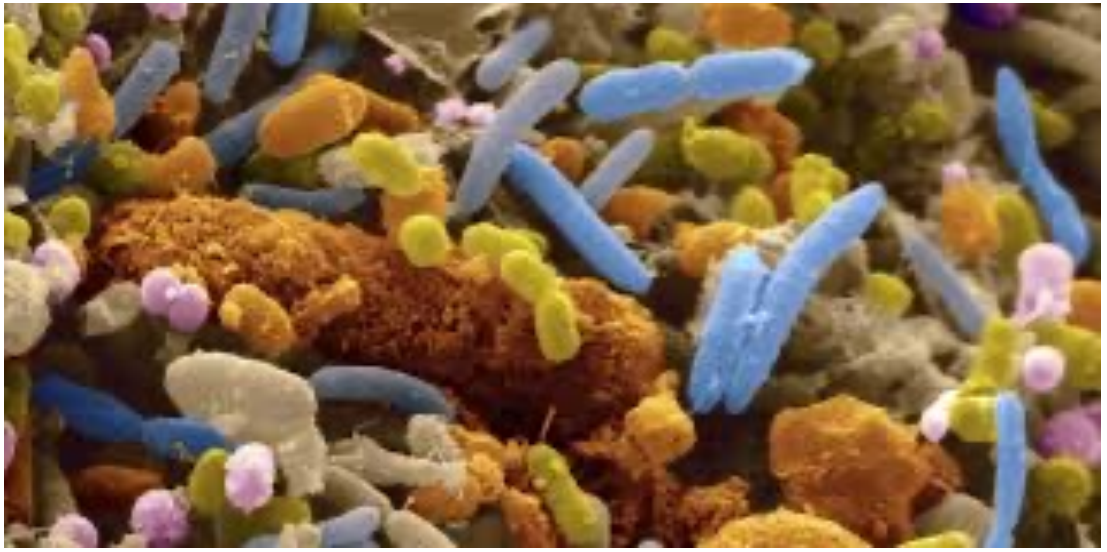

What is a microbiome?
A community of micro-organisms living together in a habitat.



Our gut microbiome…

Amazing facts about the gut microbiome…

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



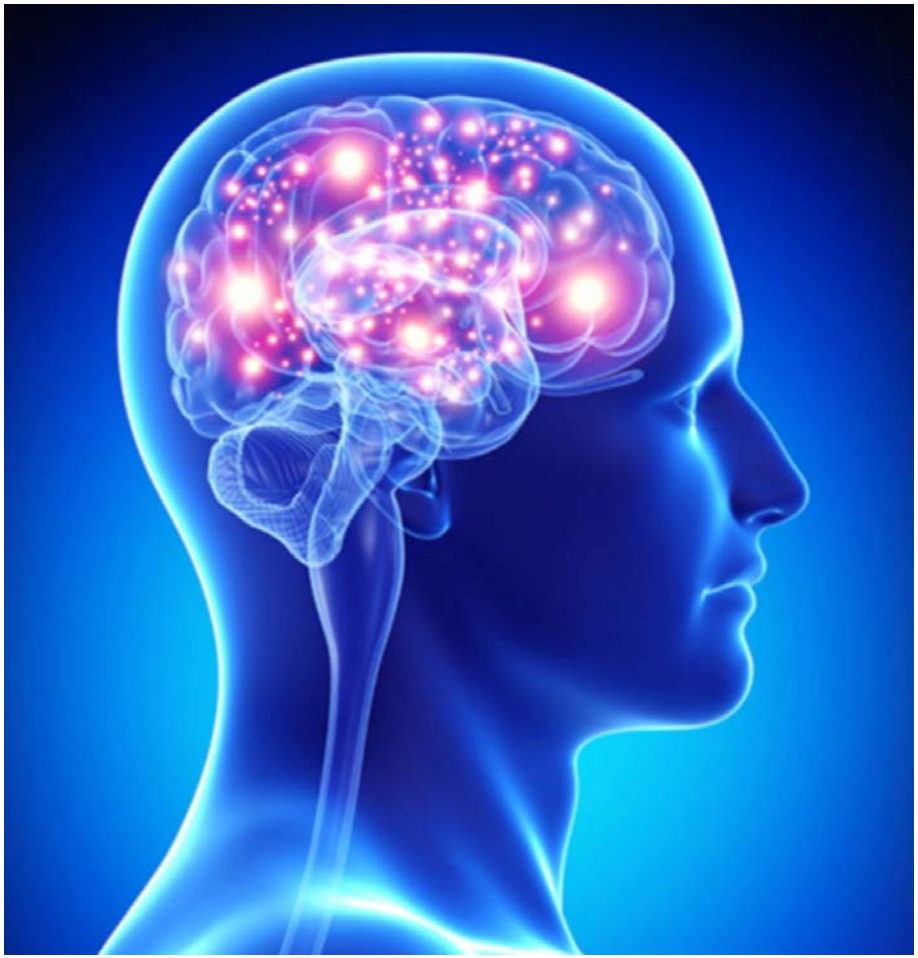
30 to 400 trillion microorganisms in our gut

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!



DATE OF BIRTH
MM DD YY
5 3 1981

Step 1: Rainbow eating!

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Questions?