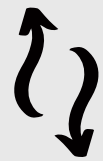# MY REWARDS CHART

EAT A RAINBOW

I will try to eat 2 types of fruit and 3 types of vegetables everyday. Every type of fruit and vegetable I eat is worth one point.

When I get over 30 points in one week, my reward is:

	E.G.	MON	TUES	WED	THU	FRI	SAT	SUN
RED	I							
ORANGE	I							
YELLOW								
GREEN	II							
BLUE / PURPLE	I							
MY DAILY POINTS	5							

EAT A RAINBOW FOR GOOD HEALTH

TO KEEP THE HEART HEALTHY AND STRONG	TO PROTECT EYE HEALTH	TO BOOST THE IMMUNE SYSTEM	TO PROVIDE STRENGTH FOR BONES	TO IMPROVE BRAIN HEALTH AND MEMORY
EAT RED FRUIT & VEG	**EAT ORANGE FRUIT & VEG**	**EAT YELLOW FRUIT & VEG**	**EAT GREEN FRUIT & VEG**	**EAT BLUE & PURPLE FRUIT & VEG**
Tomatoes	Carrots	Corn	Broccoli	Eggplant
Red Peppers/Capsicum	Pumpkin	Squash	Spinach	Purple cauliflower
Beetroot	Sweet Potatoes	Yellow peppers /	Green Beans	Olives
Red Cabbage	Apricots	Capsicum	Peas	Blueberries
Red Apples	Rockmelon/Cantaloupe	Bananas	Lettuce	Passionfruit
Strawberries	Mango	Lemons	Kale	Plums
Cherries	Nectarine	Pineapple	Avocado	Blackberries
Raspberries	Mandarin	Grapefruit	Green Apples	
Watermelon	Oranges		Kiwi Fruit	
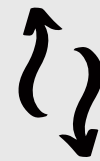
Eat a Rainbow everyday