



Thanks for downloading the **Eat A Rainbow Reward Chart**.

If your daughter struggles to eat an appropriate amount of fruit and vegetables each day, then this simple reward chart may help.

All you need to do is print it out and explain to her how the points system works. That is, each time she reaches 30 points in one week, she'll receive a reward of her choice, (which everyone needs to agree on).

I hope this little chart is enough motivation to make a difference. Even the smallest improvement is a step in the right direction!

Alli xo

MY REWARD CHART



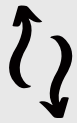
I will try to eat at least 2 types of fruit and 3 types of vegetables every day.
Each type of fruit and vegetable I eat is worth one point.

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

	Example	MON	TUES	WED	THU	FRI	SAT	SUN
RED								
ORANGE								
YELLOW								
GREEN								
BLUE / PURPLE								
MY DAILY POINTS	5							

EAT A RAINBOW FOR GOOD HEALTH

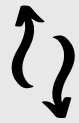
**TO KEEP
THE HEART
HEALTHY AND
STRONG**



**EAT RED
FRUIT & VEG**

Tomatoes
Red Peppers/Capsicum
Beetroot
Red Cabbage
Red Apples
Strawberries
Cherries
Raspberries
Watermelon

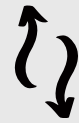
**TO
PROTECT
EYE
HEALTH**



**EAT ORANGE
FRUIT & VEG**

Carrots
Pumpkin
Sweet Potatoes
Apricots
Rockmelon/Cantaloupe
Mango
Nectarine
Mandarin
Oranges

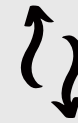
**TO BOOST
THE
IMMUNE
SYSTEM**



**EAT YELLOW
FRUIT & VEG**

Corn
Squash
Yellow peppers /
Capsicum
Bananas
Lemons
Pineapple
Grapefruit

**TO PROVIDE
STRENGTH
FOR
BONES**



**EAT GREEN
FRUIT & VEG**

Broccoli
Spinach
Green Beans
Peas
Lettuce
Kale
Avocado
Green Apples
Kiwi Fruit

**TO IMPROVE
BRAIN HEALTH
AND
MEMORY**



**EAT BLUE & PURPLE
FRUIT & VEG**

Eggplant
Purple cauliflower
Olives
Blueberries
Passionfruit
Plums
Blackberries