

Eat the Rainbow Chart

A handy chart to colour for when your little one has had a good try of a new fruit or vegetable!

Included in this pack

- Instructions
- Printable chart
- Guide page

What you'll need

- Colouring pencils
- Lots of delicious fruit and vegetables to try!

Need a little colourful encouragement for your little one's dinner time? Well here's a fun food chart from our favourite food monster - Bub!

In this pack, you'll find a printable chart for tracking tries of certain fruit and vegetables. Bub, and our child-eating behaviour expert, Dr. Lucy Cooke, recommend trying new fruits and vegetables using the senses:

- **Smell** - What does the food smell like?
- **Look** - What does it look like? What can you see?
- **Touch** - What does the food feel like?
- **Listen** - When you touch it, does it make a sound?
- **Taste** - Would you taste the food? Maybe give it a little lick?

Using the senses to try new foods encourages kids to engage with the food fully and develop language around food, which gives them more confidence with food.

“Did you like it? It's ok if you don't, we can have another go next time!”

Repeatedly engaging with food in a low pressure way has been found to increase liking of foods over time. You can find more information about this on our website: teachyourmonster.org/adventurous-eating/

Once a fruit or vegetable has been successfully tasted, licked or even just sniffed, let your little one colour it in. Stick it pride of place on the fridge so they can see what food to try next.

There is also a guide page for the fruit or vegetables on the chart - handy for the shopping list!



- | | | | | |
|-----------------|----------------------|---------------|-----------------|------------------------|
| 1. Pepper | 12. Butternut Squash | 18. Sweetcorn | 23. Cauliflower | 29. Courgette/Zucchini |
| 2. Strawberry | 13. Coconut | 19. Parsnip | 24. Broccoli | 30. Cabbage |
| 3. Tomato | 14. Mushroom | 20. Garlic | 25. Cucumber | 31. Grapes |
| 4. Apple | 15. Onion | 21. Avocado | 26. Peas | 32. Aubergine/Eggplant |
| 5. Raspberry | 16. Potato | 22. Mango | 27. Pear | 33. Blueberries |
| 6. Sweet Potato | 17. Banana | | 28. Kiwi | 34. Blackberry |
| 7. Watermelon | | | | 35. Beetroot |
| 8. Radish | | | | 36. Plum |
| 9. Orange | | | | |
| 10. Carrot | | | | |
| 11. Pineapple | | | | |

