

Discover the hidden powers of eating a colourful rainbow everyday

A healthy, balanced diet plays an important role in your overall health and wellbeing



Did you know?

70% of 9-11 year olds eat sufficient serves of fruit each day
HOWEVER
only 4% eat sufficient serves of vegetables!



It is important to try and increase our consumption of fruit and vegetables



Eating well helps to:

- Regulate sleep
- Improve immune system
- Gives you energy
- Improve concentration
- Boost brain health
- Improves mood

Try to eat a **RAINBOW** of fruit and vegetables every week!



To find out how your school can provide healthier foods and drinks check out **The Healthy Eating Advisory Service**

heas.health.vic.gov.au

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