



# Eat healthy, stay deadly

colouring book



VACCHO



# Acknowledgement of Country

*VACCHO acknowledges the Traditional Owners of Country throughout Victoria and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders both past and present and emerging.*

## Did you know?

Vegetables and fruits contain a wide range of nutrients and benefits for our body and mind.

Eating a rainbow of vegetables and fruits every day is one of the most important things we can do for our health.

Vegetables and fruits are great to include in meals, to pack in your lunchbox, and even better as snacks!

Fresh, frozen or canned vegetables and fruits are all great choices.

Trying different vegetables and fruits, even if you don't eat them at first, can help you to enjoy these foods.

It may take up to 10-15 tries before you learn to like some vegetables and fruits. Don't give up!

Message from VACCHO's Nutrition team:

**Healthy eating is good for  
our bodies and mind.**

**Eat Healthy, Stay Deadly, kids!**

My name is \_\_\_\_\_

I am \_\_\_\_\_ years old

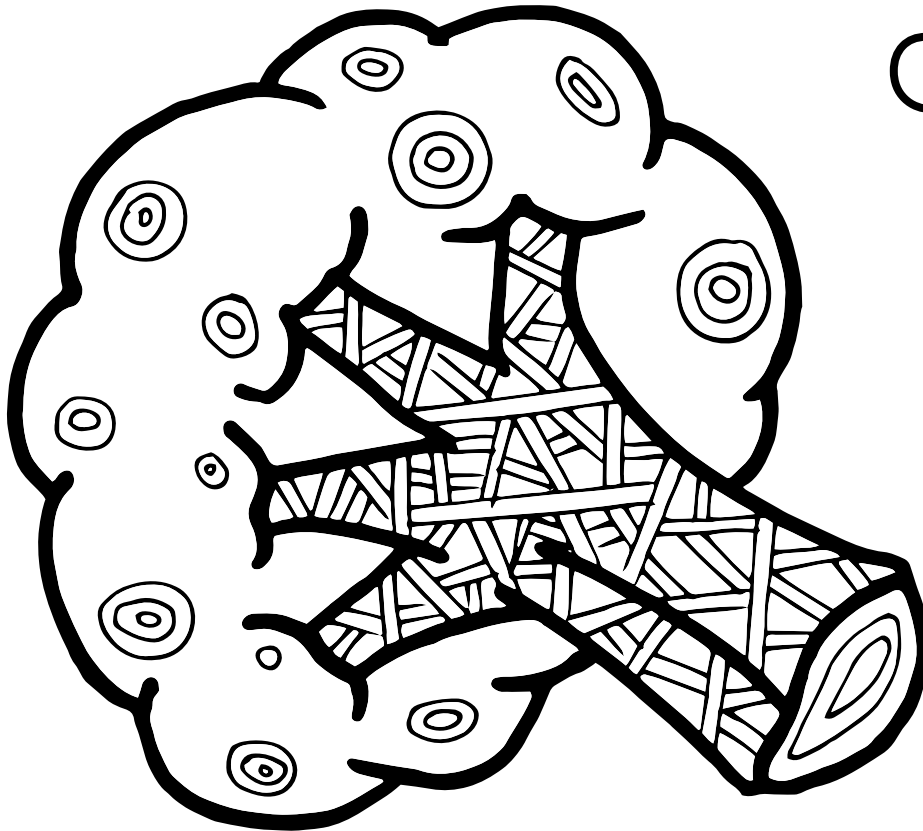
I'm from \_\_\_\_\_

and I live on \_\_\_\_\_ Country.



There is \_\_\_\_\_  
*How many?      What type of vegetable?*

1



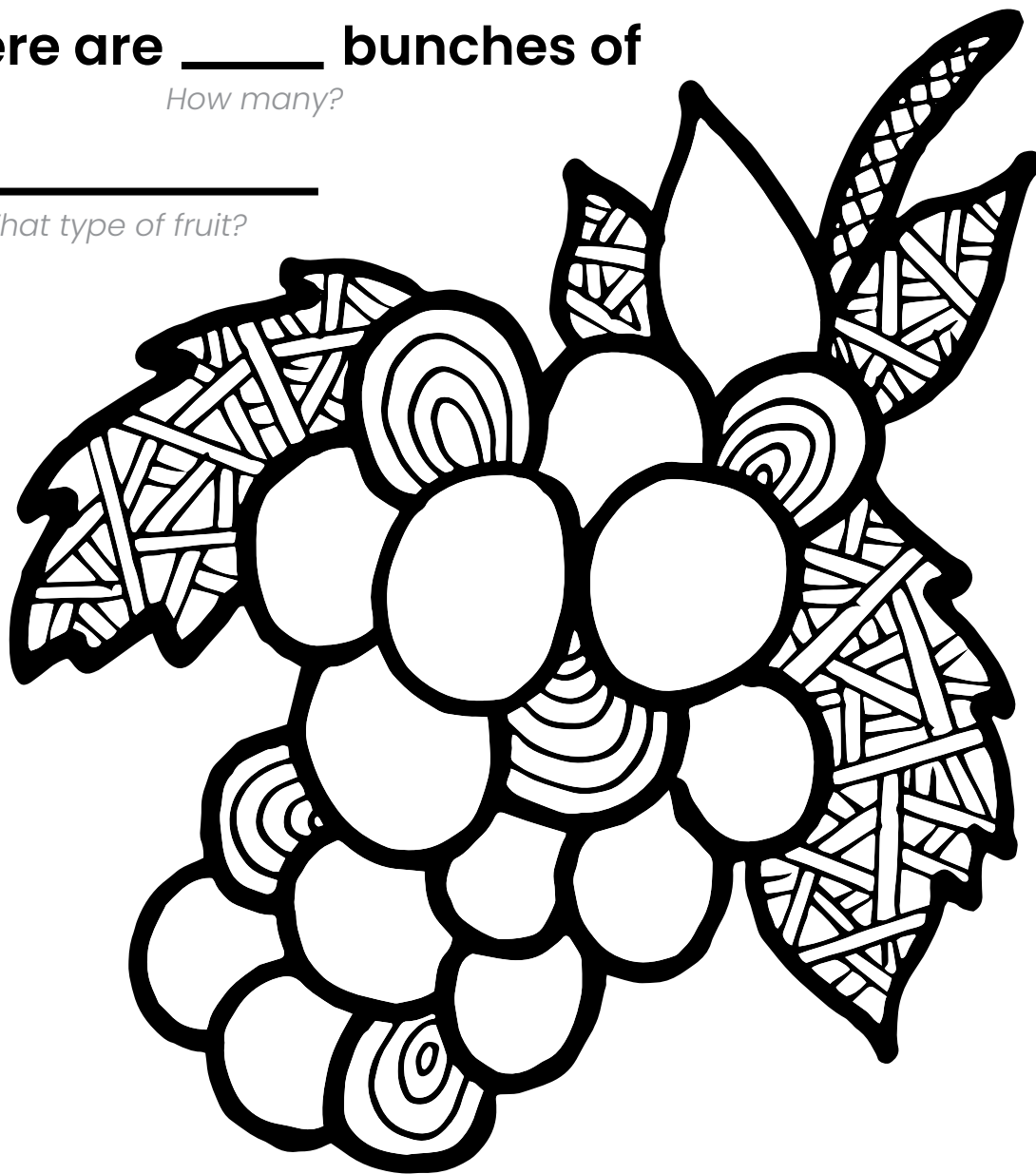
**Broccoli helps your blood  
move around your body**

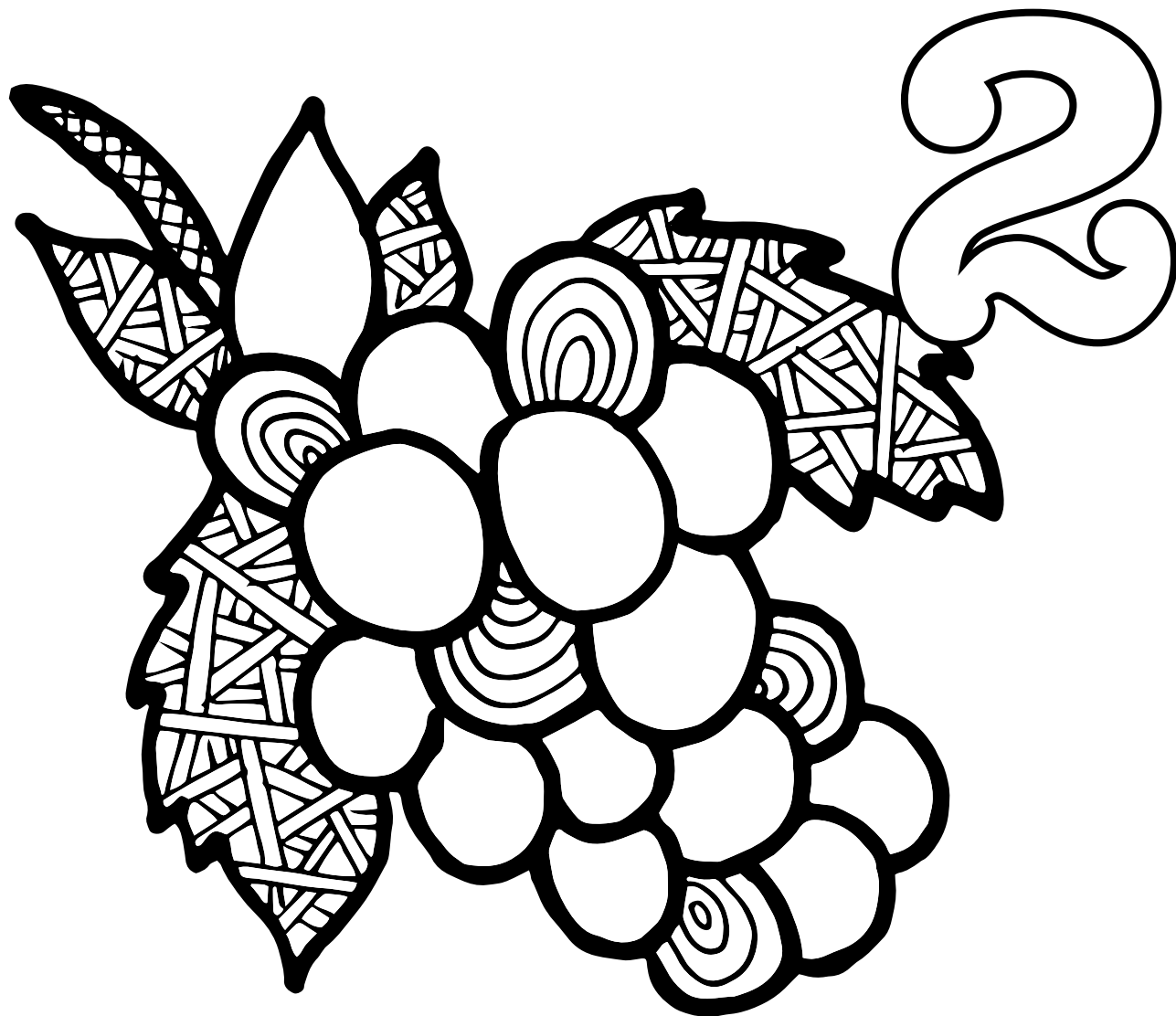
There are \_\_\_\_\_ bunches of

*How many?*

\_\_\_\_\_

*What type of fruit?*



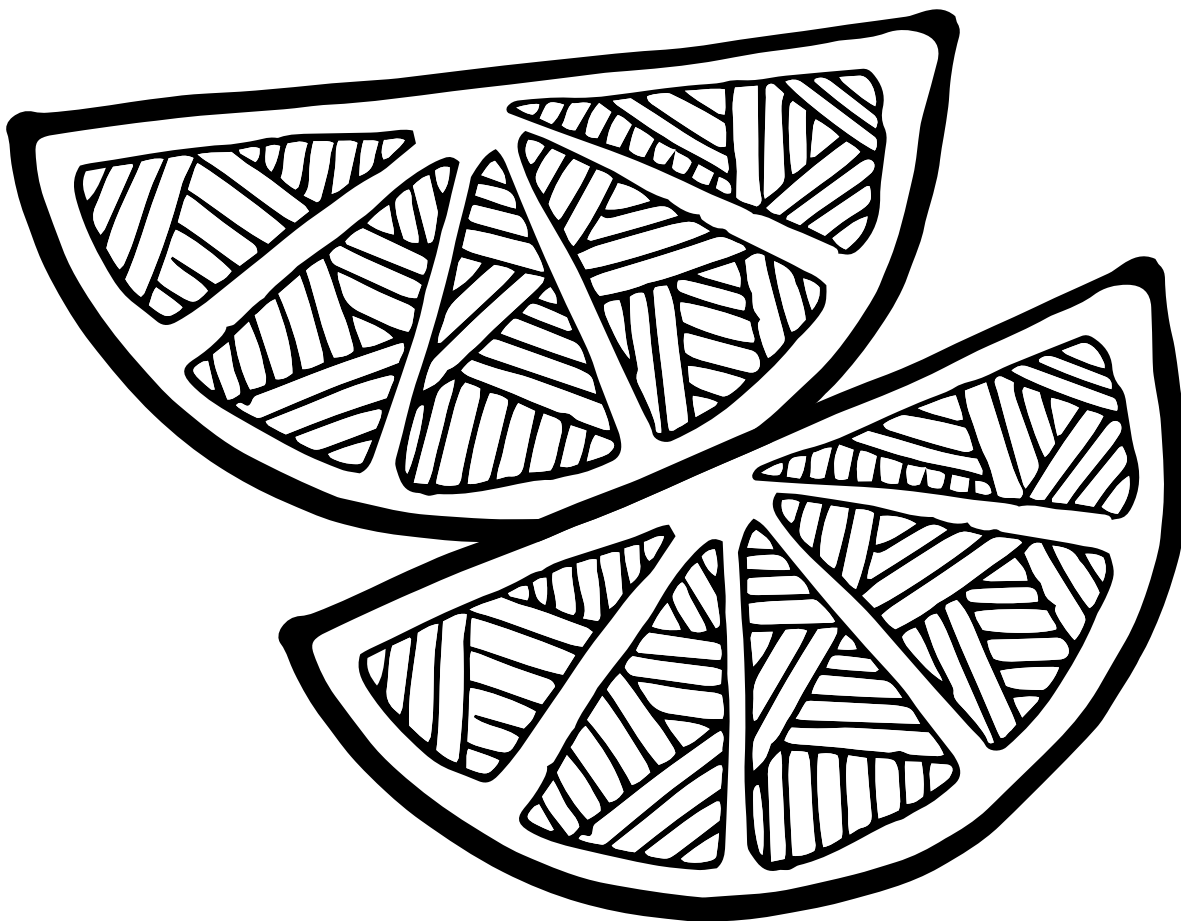


**Grapes are a grape (great)  
snack for older kids**

There are \_\_\_\_\_ slices of \_\_\_\_\_

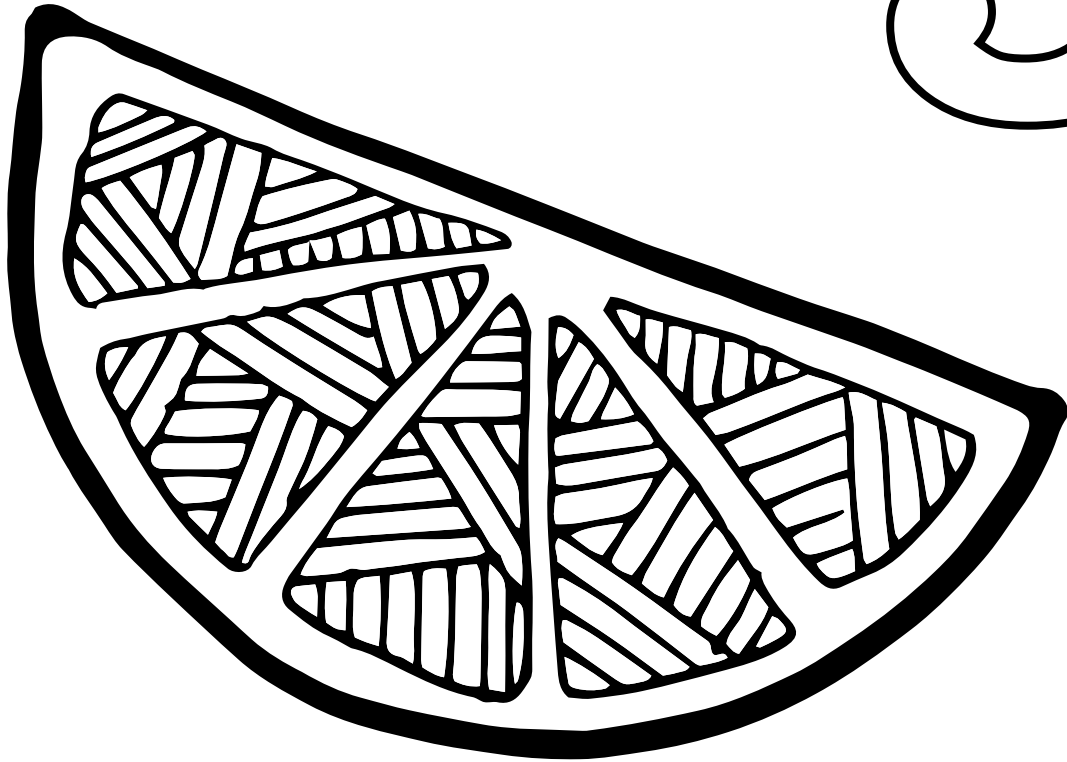
*How many?*

*What type of fruit?*





3

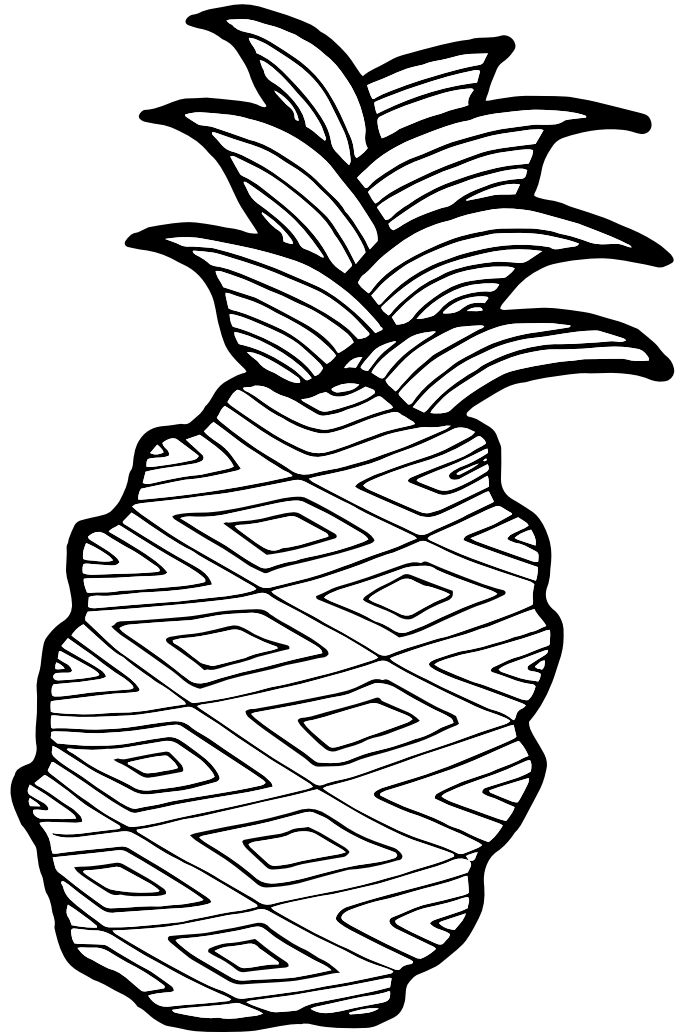
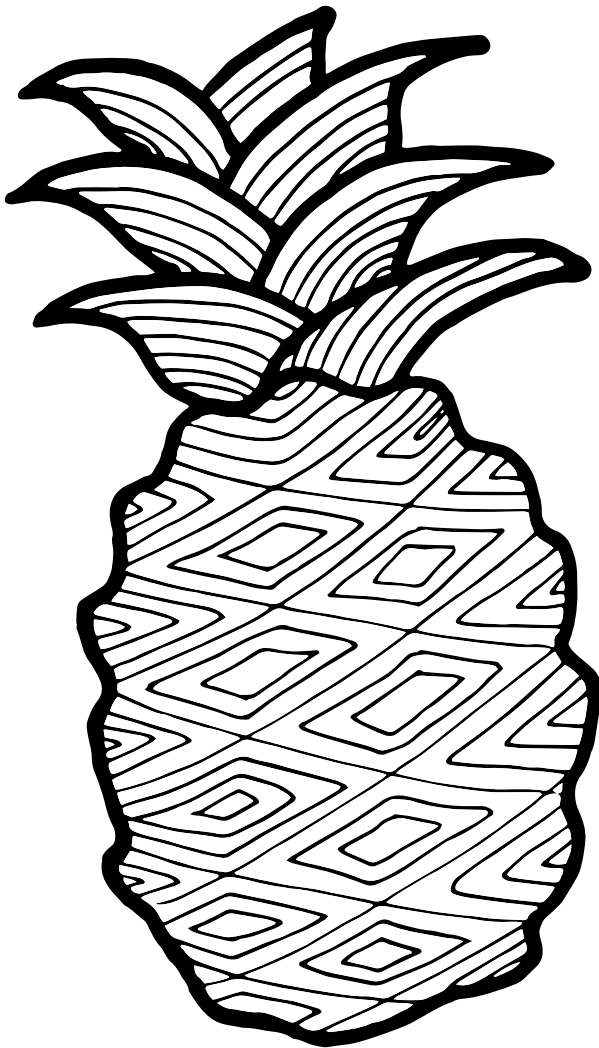


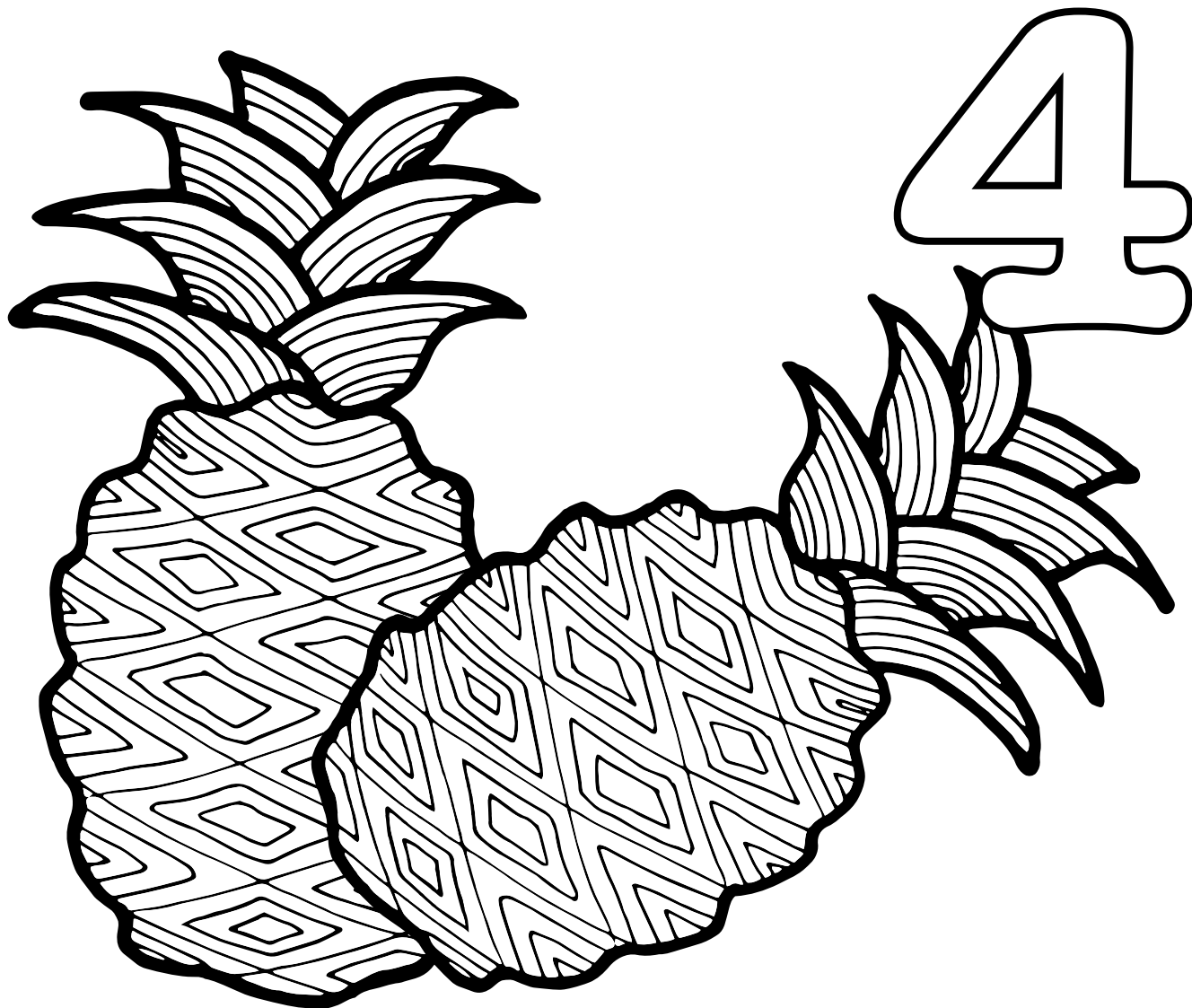
**Oranges are high in vitamin C which can help our bodies feel better when we're sick**

There are \_\_\_\_\_

*How many?*

*What type of fruit?*



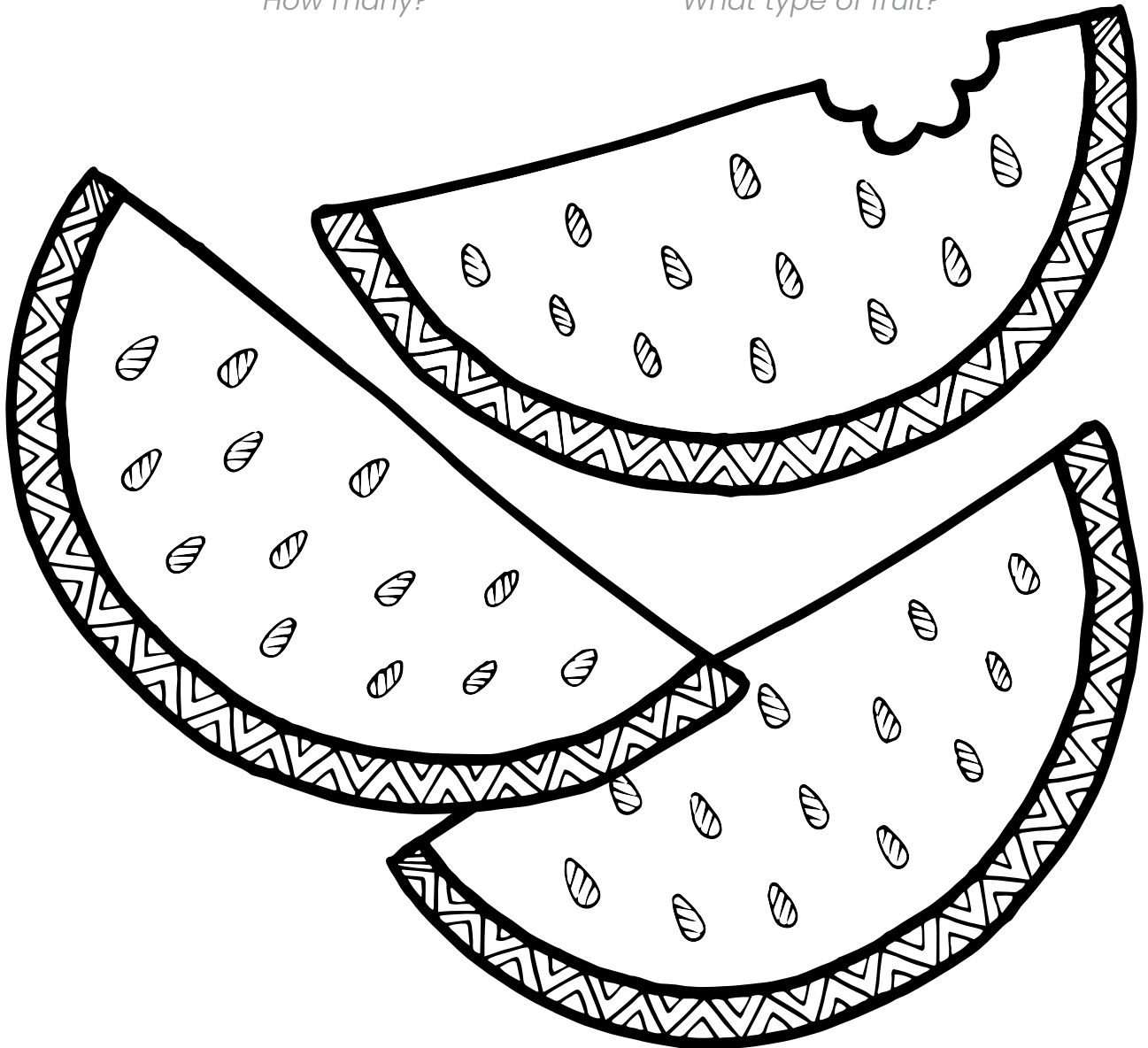


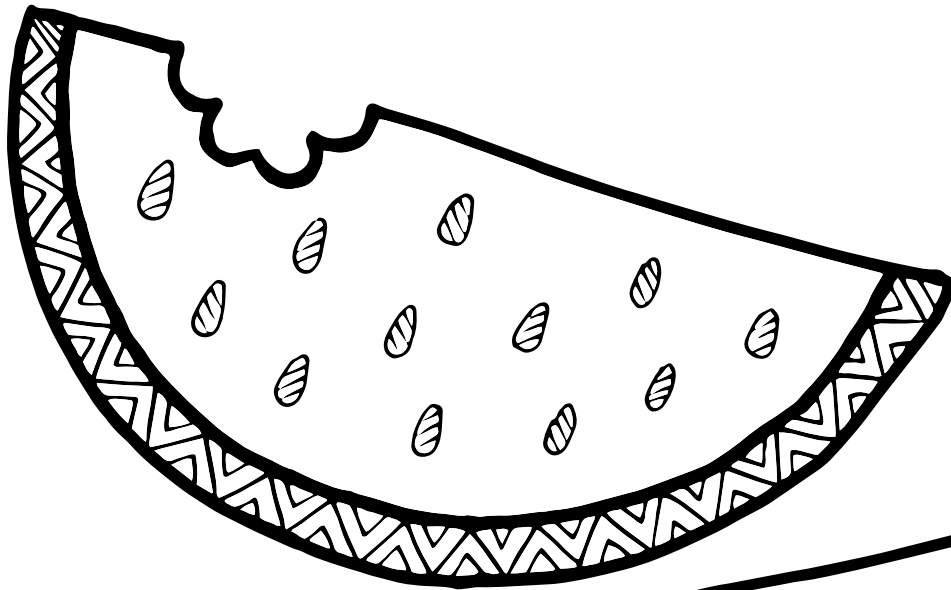
**Pineapples are bright yellow –  
sometimes sweet, sometimes tart**

There are \_\_\_\_\_ slices of \_\_\_\_\_

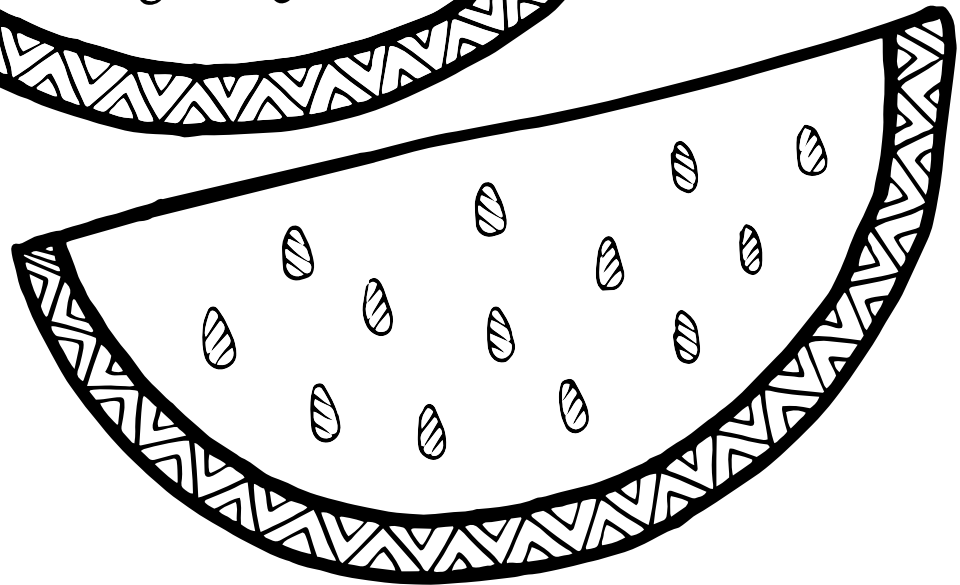
*How many?*

*What type of fruit?*





5



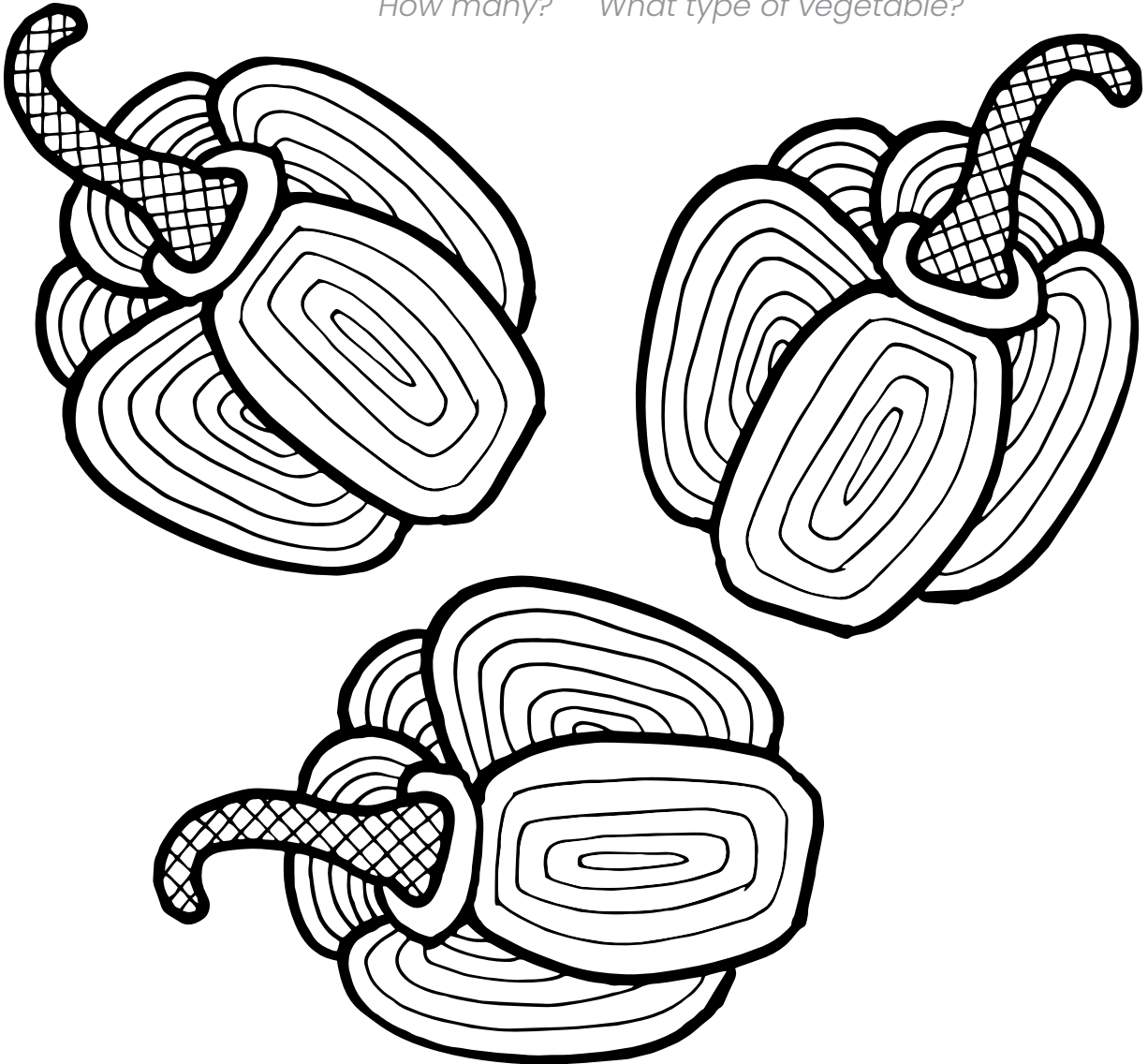
**Watermelon is a great snack on a hot day as it's very hydrating**

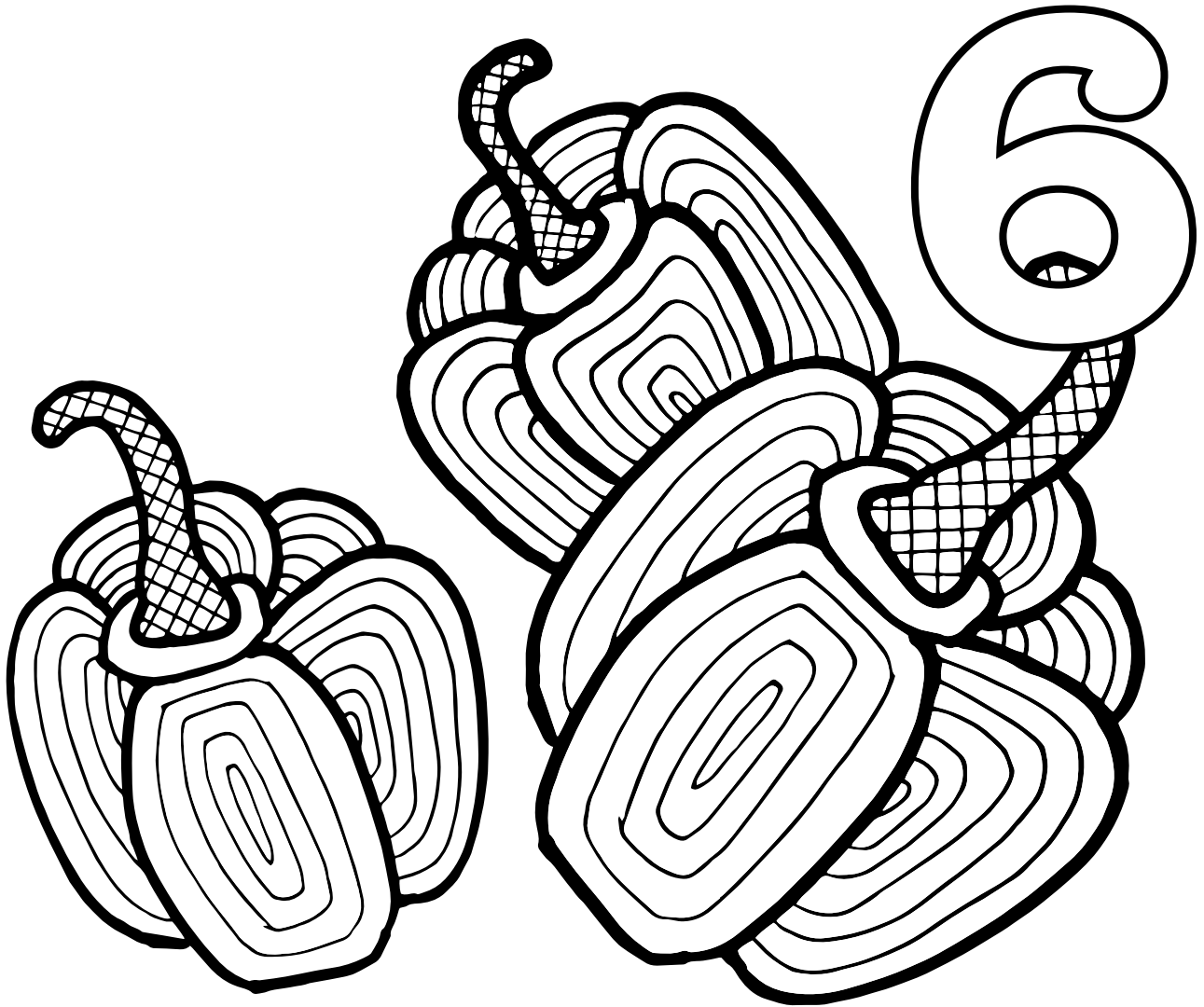
There are \_\_\_\_\_

*How many?*

\_\_\_\_\_

*What type of vegetable?*



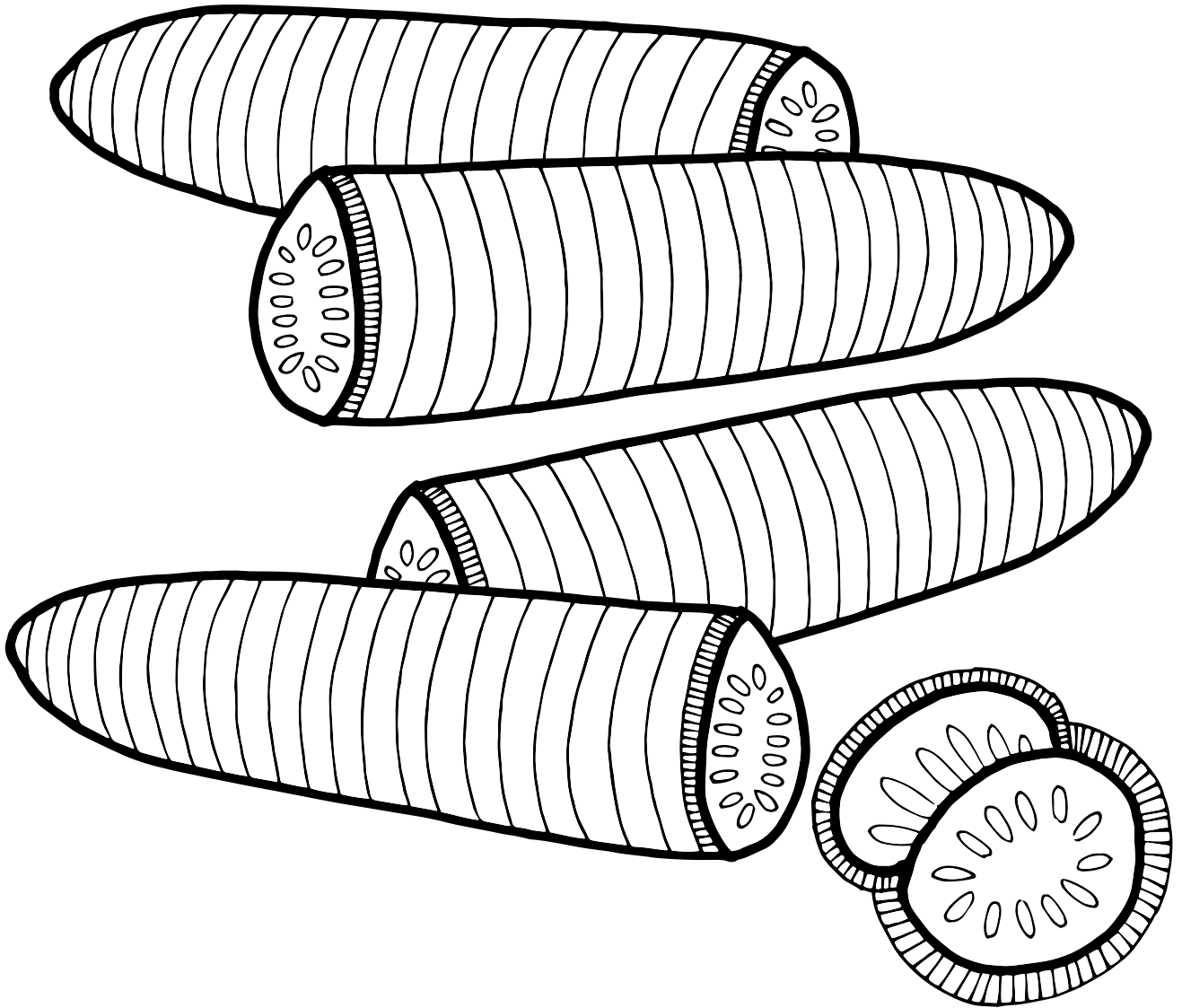


**Crunchy capsicum is  
great to snack on!**

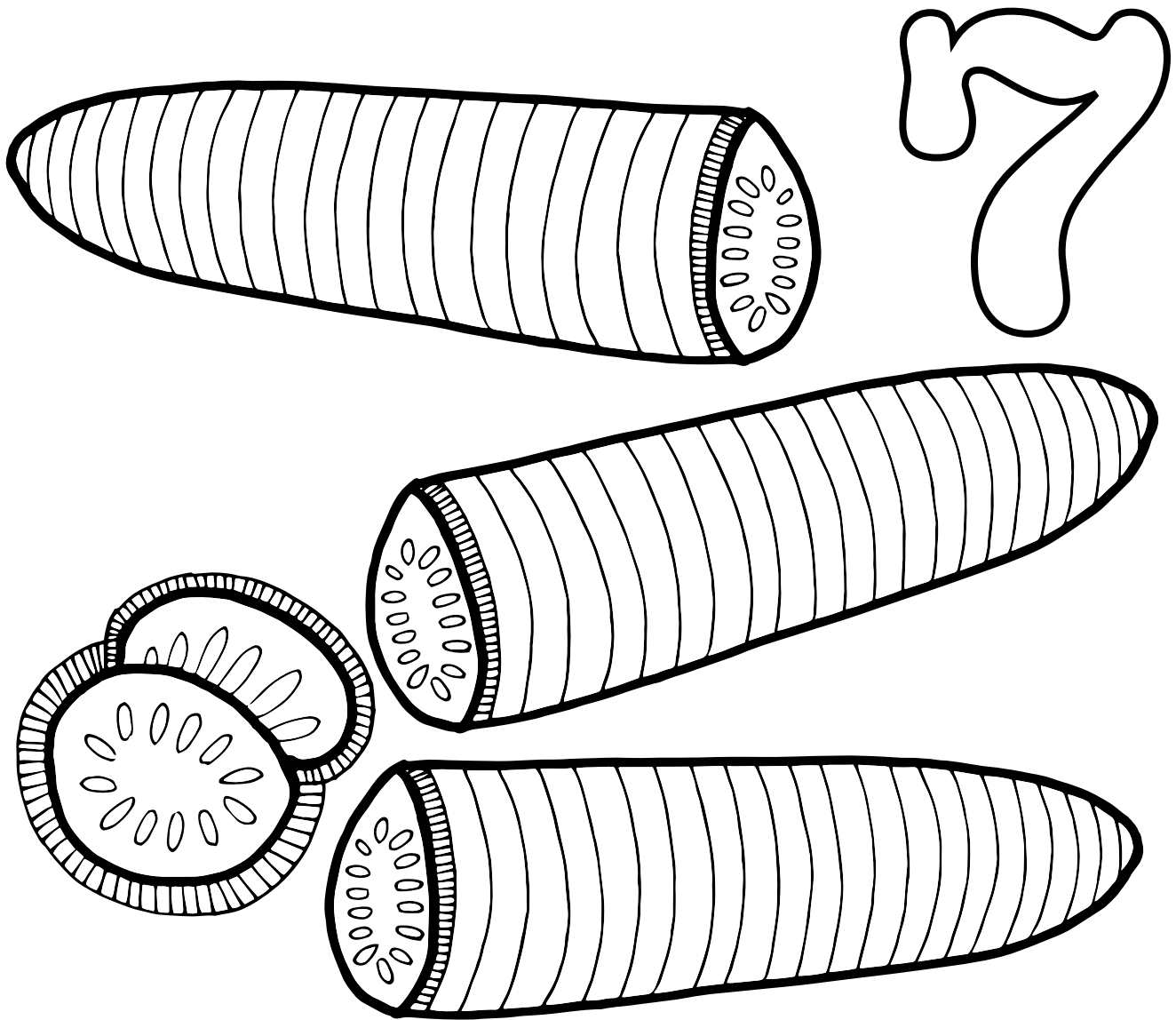
There are \_\_\_\_\_

*How many?*

*What type of vegetable?*





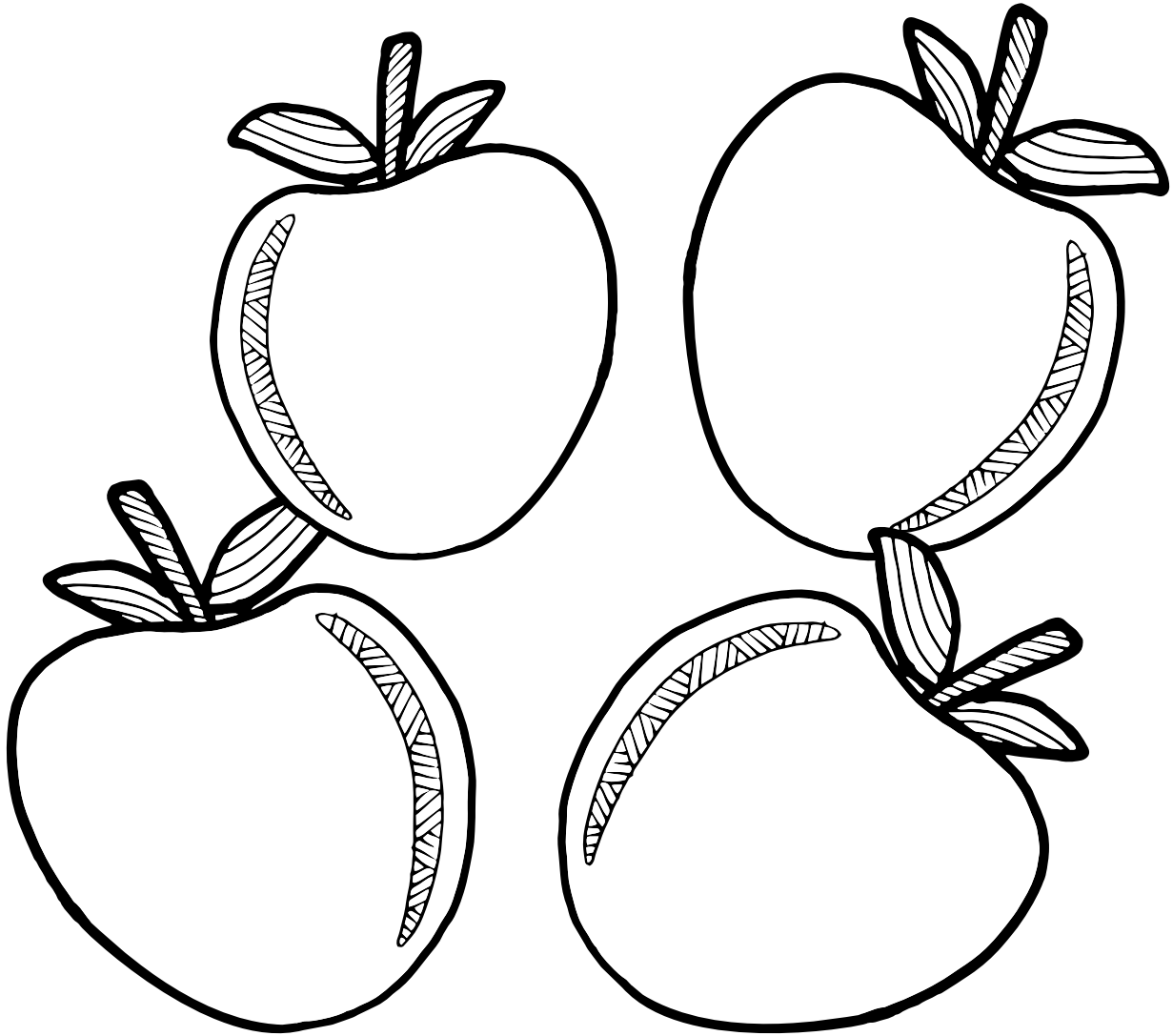


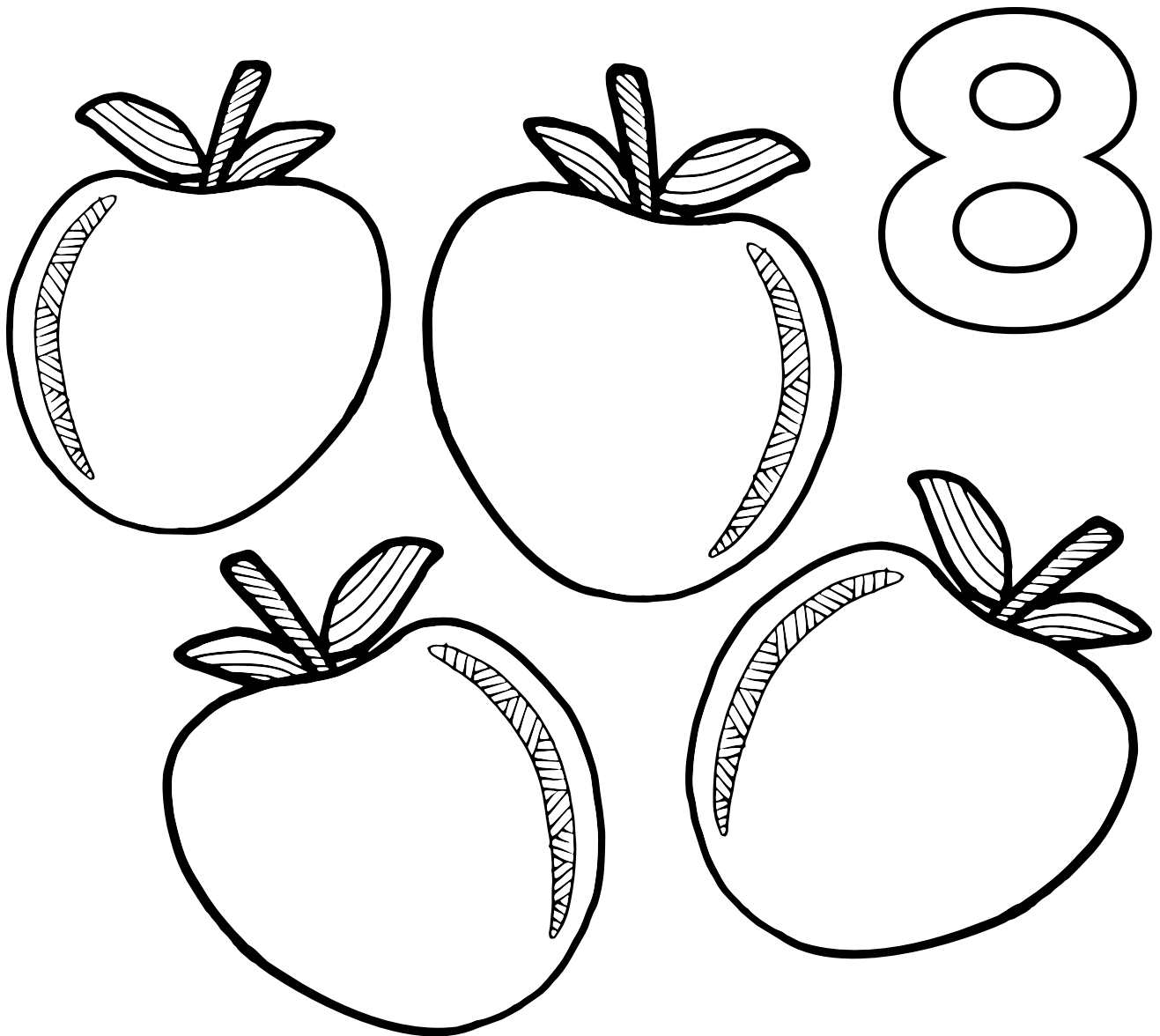
**Cucumbers are a good source of fibre  
and are a great snack to munch on.**

There are \_\_\_\_\_

*How many?*

*What type of fruit?*



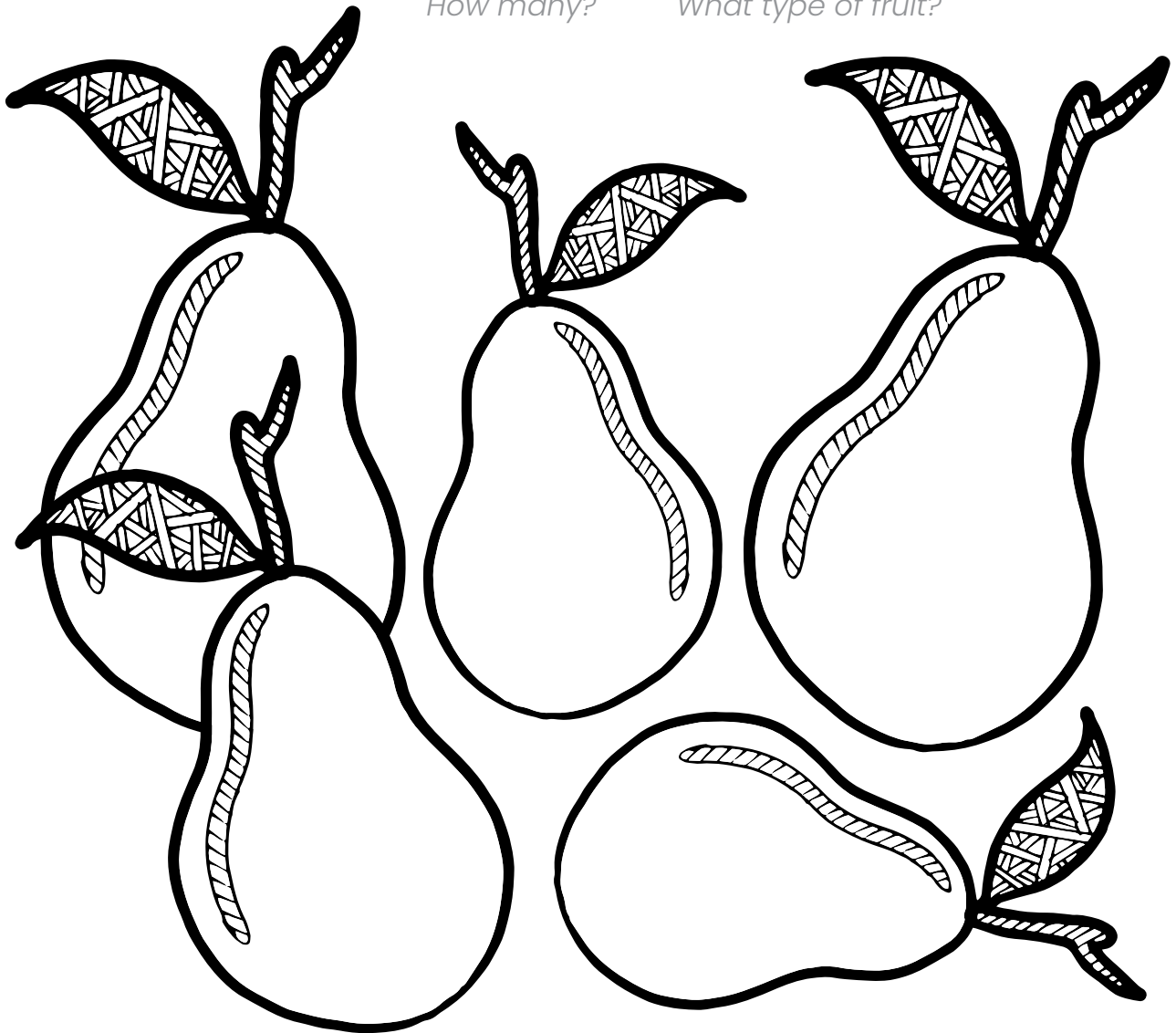


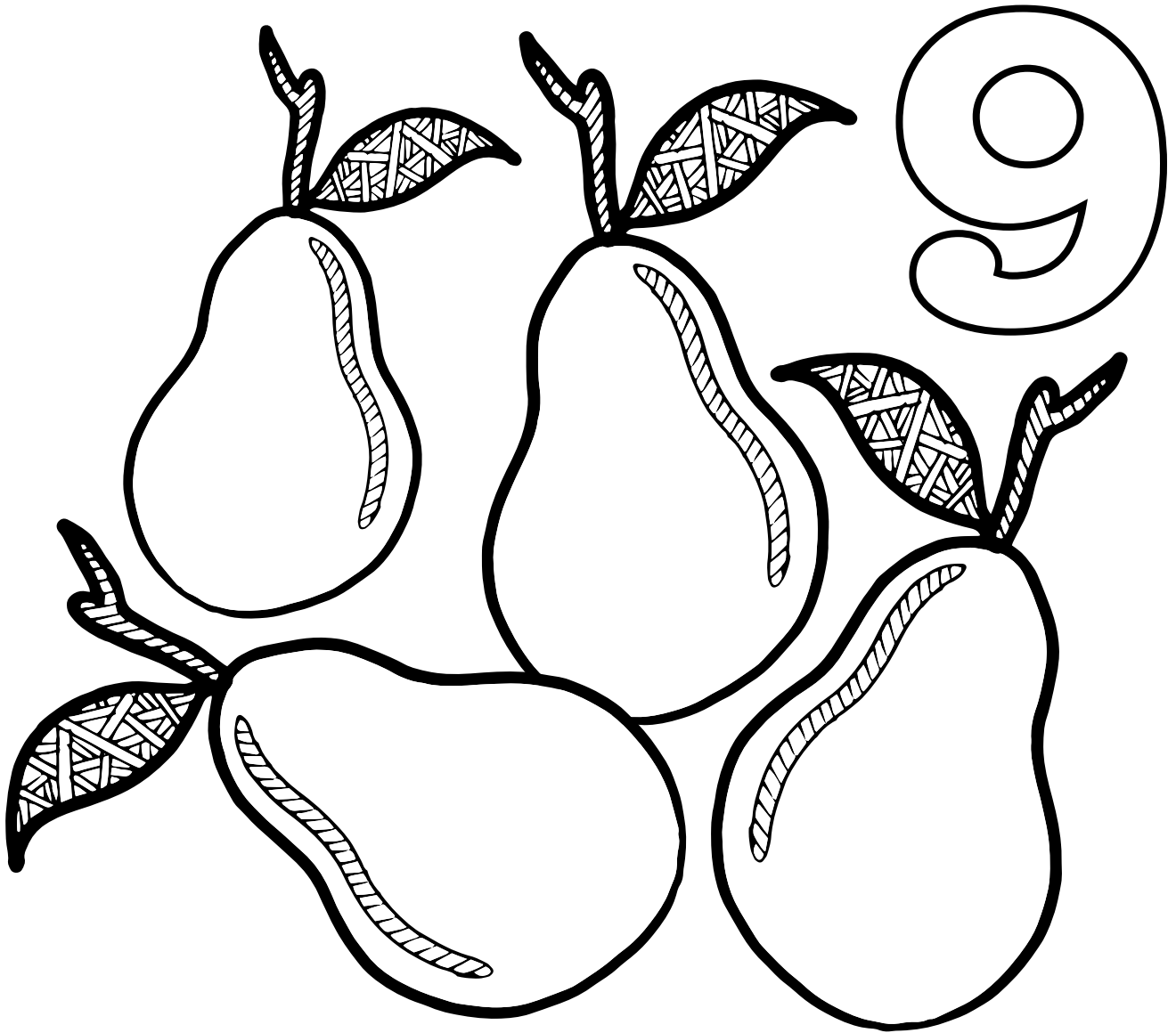
**Red apples, green apples - what's  
your favourite apple to munch on?**

There are \_\_\_\_\_

*How many?*

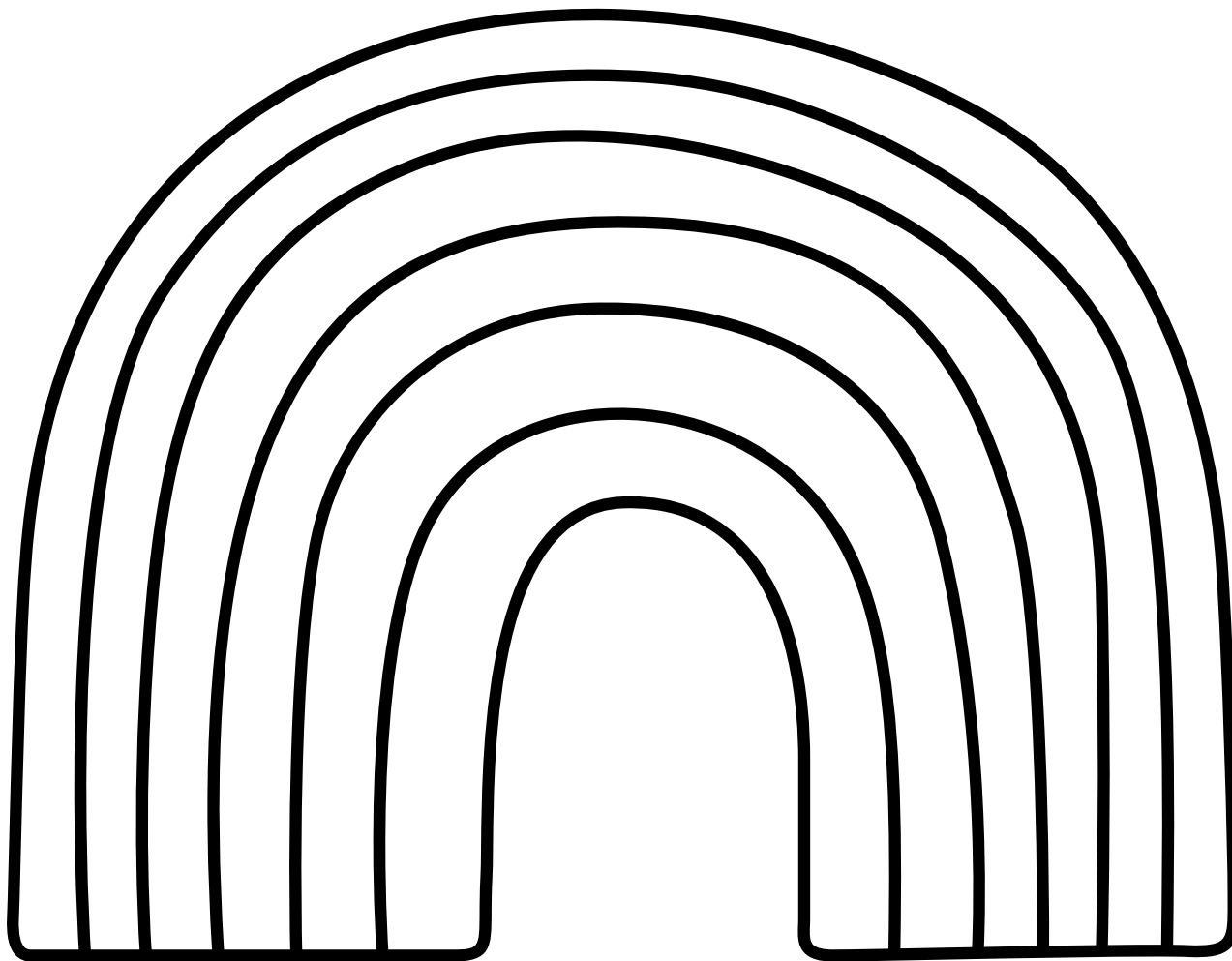
*What type of fruit?*

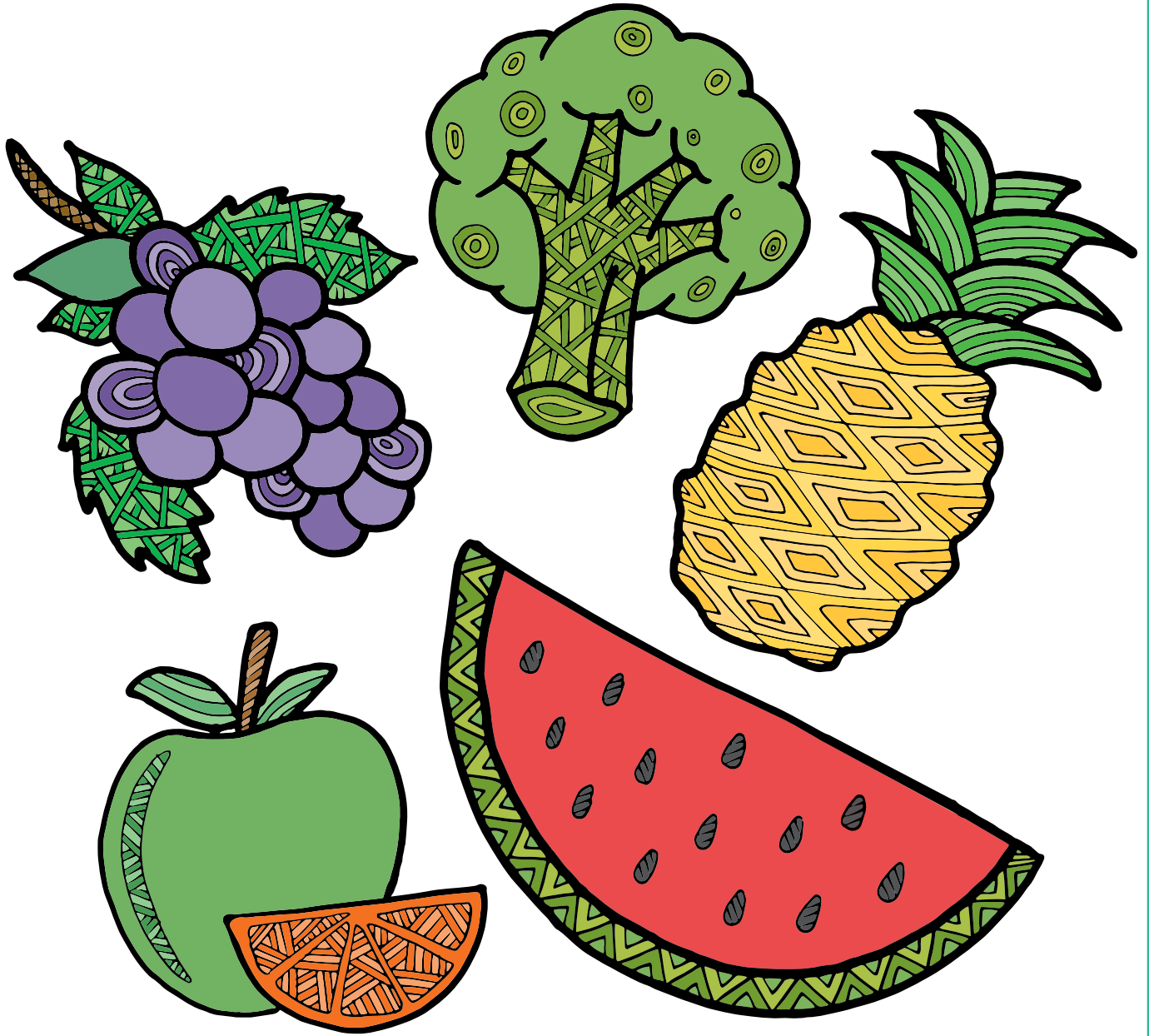




**Pears are a good source of fibre.  
Fibre helps you poo!**

**Can you colour the rainbow to match the colours in the fruits and vegetables?**

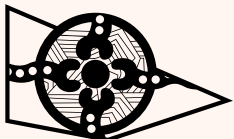






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proud Gunditjmara mother of 2 beautiful boys.



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