St Joseph's Newsletter
Eat A Rainbow

Super Salad
Ingredients:
• Lettuce
• Tomato
• Onions
• Corn
• Cucumber
• Shredded carrot
How to make:
1. Get a bowl
2. Cut ingredients
3. Mix and serve
4. Enjoy!!

Berry Blast
• Milk
  • Yoghurt
  • Ice
  • Blackberries
  • Strawberries
  • Blueberries
How to make:
• Put fruit into blender
• Blend completely
• Enjoy

Nunc ut lectus

**Why should you eat a rainbow?**

Eating a rainbow is about eating at least one or two serves of fruit and two serves of vegetables from different colours of the rainbow. To be really healthy you could eat at least one fruit or vegetable from each colour. Each colour is good for different things like green leafy vegetables are good for your folate.