

## 1 — EAT A RAINBOW!

Can you think of one type of food for each of the colours below?  
Draw it in the clouds.

Can you eat one food of each colour every day?

Yellow, orange, red, pink, purple/blue, green, brown



## 2 — SLEEP WELL FRED!

Find five things in this room  
that could keep FRED awake.

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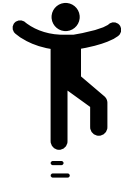
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## 3 BE A FITNESS SUPERSTAR

Challenge yourself and a friend to see how many of each you can do. If you keep practising, you may be able to do more and the fitter you will become!



STAR JUMP

BURPEE

TOUCH TOES

SKIPS WITH ROPE

HOP ON ONE LEG

	STAR JUMP	BURPEE	TOUCH TOES	SKIPS WITH ROPE	HOP ON ONE LEG
YOU	.....	.....	.....	.....	.....
YOUR FRIEND	.....	.....	.....	.....	.....

## 4 DIGITAL DONUTS

What are these? Write the names.  
Tick the ones that you use.

How many days do you go on one of these each week?

Draw a donut on the stick for each day.

How often do think you should use these in a week?



