

Colour Your World with Vegetables and Fruit

Monthly Campaign Bulletin Board

Theme: This campaign encourages students and families to include a variety of vegetables and fruit into their daily meals.

Bulletin Board Example:



Classroom Instructions:

Talk to students about the different health benefits that come with eating a variety of vegetables and fruit. It is important to note that while each colour of vegetables and fruits has its benefits, eating a variety of food that is listed in Canada’s Food Guide contributes to your overall health and vitality. See the table below and review some of the foods, their colours, and the fun facts that go along with them.

Bulletin Board Instructions:

The bulletin board example above is an outline to which you can add or change many things. The concept is to promote the different benefits of various colours of vegetables and fruit.

The bulletin board can be made more interesting with “Did you know...” flip cards, and fun facts about vegetables and fruit from around the world. Try adding many pictures of vegetables and fruits that may not be common.

Colour	Fruits	Vegetables	Fact
Red	Blood Oranges Cherries Cranberries Pink/Red Grapefruit Pomegranates Raspberries Red Apples Red Grapes Red Pears Strawberries Red Watermelon	Beets Red Peppers Radishes Radicchio Red Leaf Lettuce Red Onions Red Potatoes Rhubarb Tomatoes	Red vegetables and fruit will help keep your heart and arteries healthy and your memory working well!
Orange / Yellow	Apricots Cantaloupe Cape Gooseberries Golden Kiwifruit Grapefruit Lemons Mangoes Nectarines Oranges Orange Juice Papayas Peaches Persimmons Pineapples Pineapple Juice Tangerines Yellow Apples Yellow Figs Yellow Pears Yellow Watermelon	Butternut Squash Carrots Pumpkin Rutabagas Sweet Corn Sweet Potatoes Yellow Beets Yellow Bell Peppers Yellow Potatoes Yellow Summer Squash Yellow Tomatoes Yellow Winter Squash	Yellow and Orange vegetables and fruit will help keep your eyes healthy and help boost your immunity!

White	<p>Apple Juice Bananas Brown Pears Dates White Nectarines White Peaches</p>	<p>Cauliflower Garlic Ginger Jerusalem Artichokes Jicama Kohlrabi Mushrooms Onions Parsnips Potatoes (White Fleshed) Shallots Turnips White Corn</p>	<p>White vegetables and fruit will help keep your heart and arteries healthy!</p>
Green	<p>Avocados Green Apples Green Grapes Green Pears Honeydew Melon Kiwifruit Limes</p>	<p>Artichokes Arugula Asparagus Broccoflower Broccoli Broccoli Rabe Brussels Sprouts Celery Chayote Squash Endive Iceberg Lettuce Green Beans Green Cabbage Green Leaf Lettuce Green Onions Green Bell Pepper Leafy Greens Leeks Okra Peas Romaine Lettuce Snow Peas Spinach Sugar Snap Peas Watercress Zucchini</p>	<p>Green vegetables and fruit will help keep your eyes healthy and lower the risk of certain types of cancers!</p>

Blue / Purple	Blackberries Black Currants Blueberries Dried Plums Elderberries Plums Purple Figs Purple Grapes/ Raisins	Black Salsify Eggplant Potatoes (Purple Fleshed) Purple Asparagus Purple Belgian Endive Purple Cabbage Purple Carrots Purple Corn Purple Peppers Purple Heirloom Tomatoes	Blue and Purple vegetables and fruit will improve your memory (so you can remember more things) and lower the risk of certain types of cancers!
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