

# Brook Field School

## 'Eat the Rainbow Challenge'!



Dear Parents

The school council with the support of the teachers have been encouraging the children to recognise the importance and value of eating healthy morning snacks. To help our children celebrate this focus we would like to challenge all of the children in Brook Field School to **'Eat the Rainbow'**! On Monday 19<sup>th</sup> January to Friday 23<sup>th</sup> January the School Council would like your child to participate in this whole school challenge. Please could you provide a healthy morning snack which matches the colour for each day of the week see below:

**Monday: Red**

(eg. Strawberries, tomatoes, apples, watermelon)

**Tuesday: Orange**

(mango, carrot, apricot, orange, peppers)

**Wednesday: Yellow**

(bananas, peppers, pineapple, pears, melon)

**Thursday: Green**

(apples, kiwi, celery, cucumber, sugar snap peas, pears, grapes)

**Friday: Purple**

(grapes, beetroot, blueberries, cherries, plums, grapes)

The school council hopes that this challenge will be fun and encourage all children to try different healthy morning snacks!

Many thanks with your support,

School Council & Mrs Evans.