

# Eat the rainbow



I'd like to eat my 5 a day  
But how can I achieve it  
When I just poke the healthy food around  
And then just leave it?!

So from today I vow to eat  
A healthy rainbow diet  
I'll make my plate explode with food  
That starts a colour riot!

Red can be tomatoes,  
Then orange, (that's the fruit!)  
Or maybe, just for fun, I'll eat  
Some beans to make me toot!

Then moving swiftly on I'll have  
Bananas for my tea  
They are the perfect fruit for giving  
Energy to me.

Then greens: there really is a lot  
Of choice within this shade  
The grocer has an awesome range  
Of healthy greens displayed.

Let's start with apples, my favourite,  
Then broccoli and peas  
Then runner beans and sprouts  
Which, truthfully, will rarely please!

Then blue berries are tasty  
As they're full of lots of juice  
Cereals and puddings tend to be  
Their favourite use.

Indigo is tricky:  
Grapes are all that spring to mind...  
The tastiest alternative to  
Chocolate I can find!

Finally, my food rainbow  
Is finished with the best  
The luxury of raspberries;  
Better than the rest!