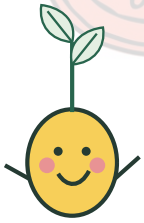
Grow a Rainbow

Explore colourful edible plants and choose something you would like to grow.



Little growers, big discoveries

15 MIN | FOOD VARIETY AND GROWING | AGES 5+ WITH AN ADULT

Grab your kit

Paper, colouring pencils and seed packets or pictures of familiar edible plants.

Your discovery mission

1. Draw five colour headings: red, orange, yellow, green and purple. Leave room beneath each.
2. Find a vegetable, fruit or herb for each colour. Try tomato, carrot, yellow pepper, lettuce and purple beetroot, or choose your own.
3. Draw and name each one. Circle those you have tried and put a star beside one you would like to explore.
4. Choose one plant to investigate with an adult. Check its seed packet for the season, space and conditions it needs before deciding where to grow it.

What did you discover?

A colour on my chart: _____
A plant I would like to grow: _____

Draw your discovery

Let's wonder...

Can one kind of vegetable come in several colours? What differences would you like to explore?

NEXT ADVENTURE

Add a familiar meal to your chart. Draw an extra vegetable you might include for more variety.

Use pictures or known edible plants. Not every colourful plant is safe to eat; an adult identifies anything used for tasting.