

# Get busy with Blackcurrants



KS1 Year 1 activity sheet 1

## I can eat a rainbow!

What healthy fruits and vegetables will you put in your rainbow lunchbox today?

Choose a fruit or vegetable from each colour of the healthy eating rainbow and draw it in the right place inside your lunchbox. Then fill in the blanks in each sentence. Remember to use at least one adjective to describe your fruit or vegetable!

I will put some \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ in my lunchbox because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I will put some \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ in my lunchbox because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I will put some \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ in my lunchbox because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I will put some \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ in my lunchbox because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I will put some **tasty blackcurrant juice** in my lunchbox because **it will help to stop me from getting a cold.**

