

Activity

Important Nutrients in the Diet - Micronutrients

For each colour, draw an item of food, and name it.

purple

brown

Food: _____

Food: _____

green

white

Food: _____

Food: _____

blue

Food: _____

red

Food: _____

orange

Food: _____

black

Food: _____

yellow

Food: _____

grey

Food: _____