

EAT THE RAINBOW

START

Move 3 if your food was this colour!

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The aim is to make it around the board trying new foods. Before you start, decide on some non-food rewards for along the way and at the end (e.g. stickers/stamps, small toys, outings to the park or pool etc.)

1. Select a token (coin, pebble etc.) and put it on the 'Start' arrow
2. If you eat a food you already like, move 1 square
3. If you eat a new food, move 2 squares
4. Where noted, move forward 3 squares if the food you ate was the same colour as the square

FINISH

Move 3 if your food was this colour!

Move 3 if your food was this colour