



The Colourful Week

OBJECTIVE

Promote **food variety** through food colours, recognizing their relationship with **nutrient diversity**, **digestion** and **energy** throughout the day.

YOUR MISSION

For **a week**, challenge yourself to make your diet more **colourful**, simple and varied.

Step 1 – Choose the colours

Select **5 different colours**, for example:

- ☐ Red
- ☐ Green
- ☐ Orange
- ☐ Purple
- ☐ White

(You can choose other colours if you want.)

Step 2 – Record throughout the week

Whenever you eat a food of one of these colours, tick it off.

Day of the week	Colour	Food



Step 3 — Evaluate the variety

At the end of the week, he answers:

- What colour was easiest to include?

- Which was the hardest?

- Did you feel like you ate more variety? ☐ Yes ☐ No
Why? _____

Step 4 — Body and well-being

It reflects:

- How did you feel in terms of **energy**?
- Have you noticed any difference in **digestion**?

ANSWER:

FINAL REFLECTION

What has changed in the way you choose food after this more colourful week?

FOODWISELAB TIP

More colours on your plate usually means **more variety of nutrients**—and that helps your body function better without complicating choices.