

Term 3 - 5+ A Day wero - Rainbow of Huawhenua & Huarākau

This term's 5+ A Day wero is about exploring the kōpere/Rainbow of huawhenua me huarākau (vegetables and fruits). This means supporting tamariki to explore and ako/learn about huawhenua me huarākau from all ngā tae/colours of the kōpere/rainbow:

- **whero/red** – e.g. radishes, red potatoes, tomatoes, red capsicum.
- **karaka/orange** and **kōwhai/yellow** – e.g. golden/orange kumara, carrots, pumpkin, sweet corn.
- **kākāriki/green** – e.g. avocado, broccoli, spinach, silverbeet, leek, celery.
- **kikorangi/blue** and **waiporoporo/purple** – e.g. purple kumara, beetroot, purple cabbage, eggplant.
- **mā/white** and **parauri/brown** – e.g. apple, banana, pears, mushroom, cauliflower, white onion, garlic, Jerusalem artichoke, parsnips

Huawhenua me huarākau make us GLOW – the nutrients in huawhenua me huarākau make our skin, hair and nails GLOW and also help us keep well.

Eating the rainbow is important because different ngā tae/colours of huawhenua me huarākau have different nutrients (minerals and vitamins) and phytonutrients (which are the naturally occurring plant compounds that provide protection and give them their distinct colours, tastes and aroma). *For example, beta-carotene in carrots is responsible for the orange colour and is converted to vitamin A in our body, which is important for keeping our eyes and skin healthy and keeping us well.*

Eating a rainbow of colours over a week or month is important so we get a variety of these nutrients. You can learn about all the different nutrients in vegetables and their benefits [here](#).

Exploring or doing an inquiry into different types of huawhenua me huarākau with tamariki makes it more likely for tamariki to be open to trying and accepting huawhenua me huarākau. In addition to cooking and baking with huawhenua me huarākau, other explorations could include planting/harvesting, playing games, doing arts and crafts, or making a video or singing songs about huawhenua me huarākau, and much more!

- Have you seen the [Mindful Eating Activities resource](#)? This resource was specifically designed for Kaiako at kōhungahunga but can also be used in junior classrooms and the mindful eating activity can be adapted for any age group!
- Check out the 5+ A Day 'Eating a Rainbow' lesson plan for Level 1 and 2 kura <https://5adayeducation.org.nz/learning/primary/lesson-3>



Photo from BestStart Marchwiell from their entry last year.

You can view previous 5+ A Day wero entries here: www.wavesouthcanterbury.co.nz/latest-news/5plus-a-day-challenge/

The kōpere/rainbow wero is due Friday 24th September (exactly a week before the end of Term 3). Get your entry to your WAVE facilitator, and you will go in the draw to win a rākau of your choice for your kōhungahunga and kura.