

Rainbow challenge

MISSION VERY POSSIBLE!

This is a great challenge that doesn't actually have to involve any eating!

Challenge objectives

- To increase awareness of the wide range of fruits and vegetables available to us
- To encourage employees to try new foods
- To increase awareness of the nutritional values of different foods
- To encourage employees to replace high-fat, high-sugar snacks with fruit and vegetables.

Challenge details

Individual Rainbow challenge

Each person is given a list of colours and their challenge is to identify as many different fruits and vegetables of those colours as possible within an agreed time period such as one week.

Team Rainbow challenge

Individuals are organised into teams and a team captain is elected.

The team captains draw colours from the hat, and it is up to their team to find as many different fruits and vegetables of that colour as possible within the agreed time period, eg, one week. It's up to the challenge champion to decide whether teams must present the actual foods, or just show photos or pictures of them, or present a list.

In addition, the team must come up with a lunchtime menu that includes at least three of the foods they have identified.


How to start the challenge

- Decide whether you are going to organise this as an individual or team challenge and provide participants with an entry form (see the example below).
- For both individual and team challenges, the suggested colours to be used are red, orange, yellow, green, blue, purple, white and brown. If you have more than eight teams, the challenge becomes more interesting as more than one team compete to find fruit and vegetables of the same colour!
- If appropriate, arrange for team captains to draw colours, or even different fruits and vegetables, from the hat. This makes a great launch for the challenge.
- As an incentive for taking part, you might want to think about offering a prize – which could be a selection of foods of their favourite colour!
- Encourage participants to eat more fruit and vegetables by providing regular tips and ideas.
- Organise for the challenge champion to collect entry forms.
- At the end of the challenge period, entry forms should be returned to the challenge champion. Or, you might like to hold an event with teams bringing in their foods or pictures and offering an opportunity for all participants to taste the foods. (If you have a tasting session, don't forget food hygiene checks.)
- The winners are the individual or team with the most correct answers. Make sure that you have an independent employee to judge the entries!

At the end of the challenge it would be useful to circulate the lists compiled, along with menu suggestions, and to provide some nutritional information about the different fruits and vegetables identified.

Rainbow challenge: Entry form

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Participant / team name	Team captain 	Department
Contact number	Start date End date	Challenge colour

Write down as many different fruits and vegetables as possible for your challenge colour (or colours).

Red	Orange	Yellow	Green	Blue	Purple	White	Brown

Please use the space provided below to suggest a healthy lunchtime menu that contains at least three of the fruits and vegetables you have identified. Give your menu a name.

Name of recipe and instructions:

The closing date for entries is:

**When you have finished please
return your entry form to:**