



# YOU ARE A DOUGHNUT

In **You Are a Doughnut**, you were introduced to 6 different coloured poops – and the foods that cause them! Colour then in below...

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[www.youareadoughnut.com/explore](http://www.youareadoughnut.com/explore)

HELLO AND HI, GOOD DAY TO YOU WHO AM I? I AM YOUR POO!  
IN SHADES OF **BROWN** I'M USUALLY FOUND BUT THIS ISN'T ALWAYS TRUE

ALL THE FOODS YOU CHEW AND EAT EVERY SNACK, EVERY TREAT CAN CHANGE MY COLOUR INSIDE OUT DON'T YOU THINK THAT'S KIND OF NEAT?

LOOK AT ME I'VE TURNED **DEEP RED!**  
WHAT'S THE FOOD YOU'VE BEEN FED?  
BEETROOT! ROASTED, BOILED OR RAW OR MAYBE IN A DIP OR SPREAD

THEN THERE'S MOI, I'M NEW IN TOWN **ORANGE** IS THE NEW BROWN!  
I'M COLOURED BY THE FOOD THAT YOU CRUNCH AND CHEW AND GOBBLE DOWN  
CARROTS! APRICOTS! PUMPKIN STEW!  
SWEET POTATO, MANGO TOO  
FILL UP ON THESE – EAT LOTS AND LOTS AND I WILL BE YOUR NUMBER TWO!

TO TURN ME **GREEN** YOU NEED AN EXCESS OF CERTAIN FOODS – CAN YOU GUESS?  
VEGETABLES LIKE BROCCOLI  
BOK CHOY AND SPINACH AND WATERCRESS!

NOW IT'S TIME FOR MY DEBUT  
LOOK AT ME! I'M TRUE **BLUE!**  
FOR FIERCENESS I CANNOT BE MATCHED  
BUT WHAT'S THE CAUSE, WHAT DID YOU CHEW?  
FOOD COLOURING HAS CAUSED MY HUE  
ANYTHING THAT'S DYED BLUE  
CAKES AND SPORTS DRINKS, LOLLIPOPS  
ICE-CREAM, ICING, JELLYBEANS TOO

FOR YOUR FINALE – BOSH BASH BISH!  
LOOK I'M **BLACK** FROM FOODS DELISH!  
A STACK OF SNACKS ALL HAVE THE KNACK  
LIKE BLUEBERRIES, GRAPES, AND LICORICE

