Go crazy for colors!
Colorful fruits and vegetables help you grow and get strong. Plus they look great on your plate! See if you can eat at least 3 different colors of fruits and veggies each day.

How many fruits and vegetables can you think of for each color? Write them in or draw pictures of them below. Color in the ones already shown.

[Red]

[Orange]

[Yellow]

[Green]

[Blue or Purple]

DID YOU KNOW?
Eating different colors helps your body and your brain! Red, blue, and purple fruits and veggies can boost your memory. Green ones give you strong bones and teeth. Orange and yellow ones keep your eyes sharp and help you fight off colds!

TIP: The next time an adult you know goes food shopping, go with them! Look for a fruit or vegetable you’ve never seen or tasted before. Ask if you can try it together at home.
Fruits and veggies make great snacks or desserts!

Work with a friend or family member to make these colorful fruit and veggie treats after school or on the weekend.

**Fruit Salad**

★ Wash and peel a variety of colorful fruits.
★ Cut fruits into bite-size pieces. Combine in a large bowl.
★ Cut a lime in half. Squeeze the juice over the fruit.
★ Drizzle a Tablespoon of honey if you like.
★ Stir ingredients to combine and enjoy!

**Veggies with Dip**

★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ¼ teaspoon salt, and ⅛ teaspoon pepper.
★ Dip the veggies and enjoy!

Fill in the blanks — then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B ___ C L ___
K W __
___ P ___ C H

Guess these **RED** fruits and veggies.

B ___
W A T ___ M ___ N
R A ___ H

Guess these **ORANGE** fruits and veggies.

___ R T
___ A N G ___ ___
___ W ___ T P ___ O

Guess these **YELLOW** fruits and veggies.

C ___ N
P ___ A P P ___
___ Q U ___

**Fruit and Cheese Kabobs**

★ Cut block cheese into small cubes.
★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
★ Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.
★ Dip the veggies and enjoy!

**DID YOU KNOW?**

Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

**Word bank**

Squash
Sweet potato
Kiwi
Beet
Broccoli
Tangerine
Spinach
Carrot
Pineapple
Radish
Corn
Watermelon

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