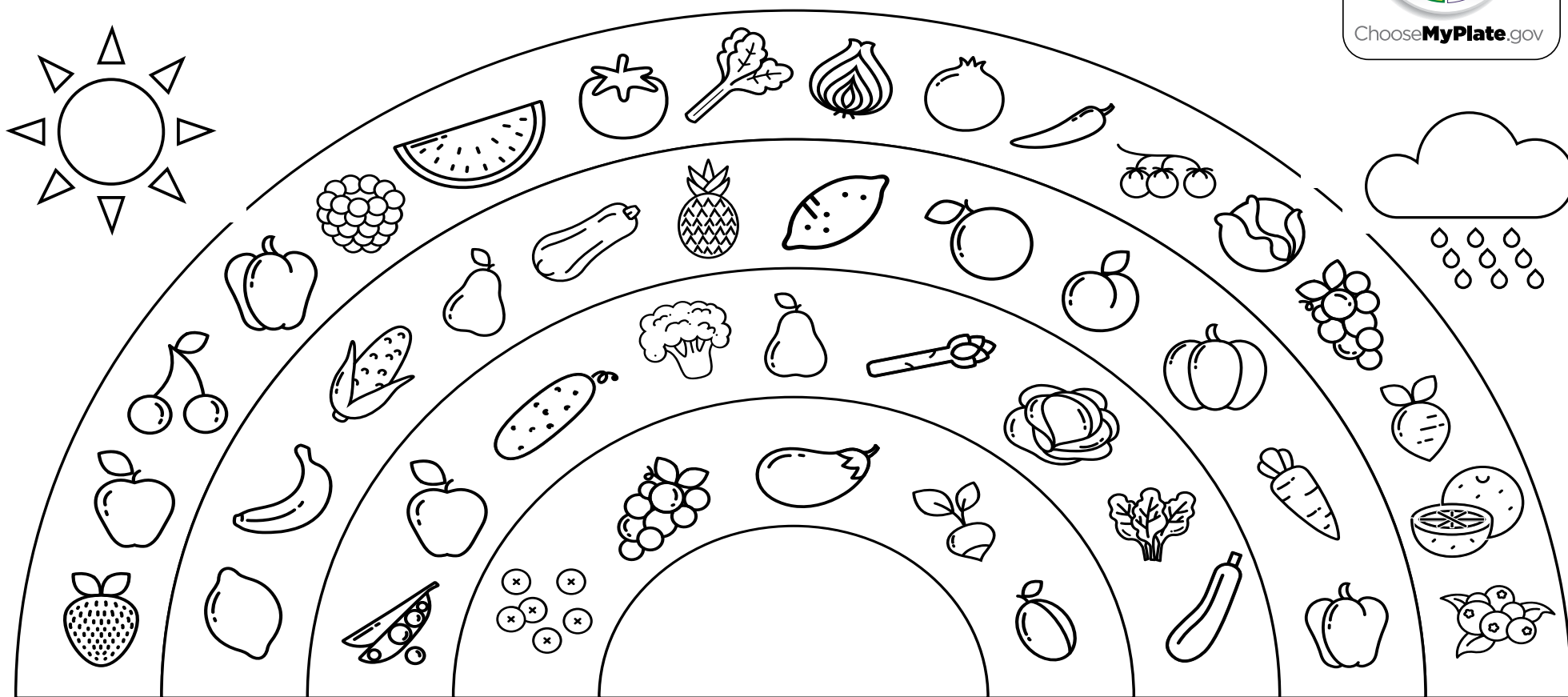
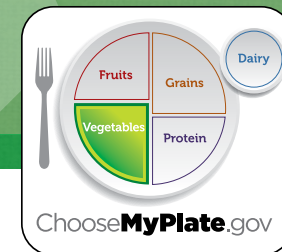




Eat a Rainbow of Fruits and Vegetables

Take Home Activity Sheet



Red

Strawberries, apples, cherries, bell peppers, raspberries, watermelon, tomatoes and rhubarb

Yellow

Lemons, bananas, corn, pears, squash and pineapples

Green

Peas, apples, cucumbers, broccoli, pears and asparagus

Blue

Blueberries and grapes

Purple

Grapes, eggplants, turnips and plums

Green

Lettuce, cabbage, spinach and zucchini

Orange

Yams, sweet potatoes, oranges, peaches, pumpkins, carrots and bell peppers

Red

Onions, pomegranates, chili peppers, cherry tomatoes, cabbage, grapes, beets, grapefruit and cranberries