



fruits & veggies
**more
matters**[®]
fruitsandveggiesmorematters.org

Eat Your Colors Everyday!



It's important to eat a variety of colorful fruits
and vegetables every day.

See if you can find 5 different fruits and vegetables
in each of these colors.

Write your answer in the space provided.

Colors

Fruits and Veggies

Red

1.----- 2.----- 3.----- 4.----- 5.-----

Blue/Purple

1.----- 2.----- 3.----- 4.----- 5.-----

Yellow/Orange

1.----- 2.----- 3.----- 4.----- 5.-----

Green

1.----- 2.----- 3.----- 4.----- 5.-----

White

1.----- 2.----- 3.----- 4.----- 5.-----