



fruits & veggies  
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# 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.-----