

Spring Fruits and Vegetables

Did you know different colored fruits and vegetables help our bodies in different ways? That is why it is important to eat a rainbow of colors everyday.



Red:
Keeps your heart healthy



Orange:
Protects your eyes and helps you to not get sick



Yellow:
Keeps your skin healthy



Green:
Keeps your bones and teeth strong



Blue and Purple:
Improves memory and brain function

Directions:

1. Read how different colors of fruits and vegetable keep you healthy.
2. Color in the fruits and vegetables the correct color. As you color, think about your favorite fruit or vegetable of that color.
3. Brainstorm ways you can eat a rainbow of colors today!

Unscramble the letters to reveal Spring produce!

TACORR _ _ _ _ _
 PAPIPENEL _ _ _ _ _ _ _
 HADISR _ _ _ _ _
 TICORAP _ _ _ _ _ _
 CROBOLIC _ _ _ _ _ _
 YECLRE _ _ _ _ _
 WIIK _ _ _ _
 MLIE _ _ _ _

Word bank
 Celery
 Apricot
 Radish
 Pineapple
 Carrot
 Lime
 Broccoli

Pretend you are visiting a farmers' market. Looking at the Spring produce below, draw a line from the produce to the basket for the fruits and vegetables you would like to try.

Remember to try and eat a rainbow of colors!

