**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.

<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Red</strong></td>
<td>Keeps your heart healthy</td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td>Protects your eyes and helps you to not get sick</td>
</tr>
<tr>
<td><strong>Yellow</strong></td>
<td>Keeps your skin healthy</td>
</tr>
<tr>
<td><strong>Green</strong></td>
<td>Keeps your bones and teeth strong</td>
</tr>
<tr>
<td><strong>Blue and Purple</strong></td>
<td>Improves memory and brain function</td>
</tr>
</tbody>
</table>

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!