HEY, KIDS! Did you know that you should eat lots of different kinds of fruit and veggies because they help you feel good and grow? You should have some for breakfast, lunch, dinner, and snacks. Fruit and veggies come in lots of different colors and are fresh, frozen, canned, dried, or 100% juice. Look and you’ll see what we mean!

1. Grab a crayon or pencil and get ready to have fun with us as you learn more about each kind of fruit and veggie!

—The Color Champions
Help Raoul solve the problems below by counting the total number of glasses of 100% juice.

#1

\[ \text{\#1: } 3 + 4 = 7 \]

#2

\[ \text{\#2: } 6 + 6 = 12 \]

#3

\[ \text{\#3: } 10 + 10 = 20 \]

Which fruit ends up as a box of 100% juice? Follow the lines and see!

Solution: #1: 3+4=7, #2: 6+6=12, #3: 10+10=20
How many words can you make using the letters in “Canned Fruit and Veggies?”

CANNED FRUIT AND VEGGIES

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________
Read the paragraph below. Every time you see the word “can” circle it. When you are done, count up your circles and write the number beside Yaz O’Frazz.

I can do a lot of things by myself! In the morning, I can get dressed and brush my teeth. At night, I can set the table for dinner to help my Mom and Dad. Saying “please” and “thank you” is something I can do . . . when I do it makes my Mom and Dad smile! I can have fun outside by riding my bike, while wearing a helmet, jumping rope, and playing tag with friends. Eating lots of fruit and veggies is something I can do. Wow! I CAN do lots of things by myself!

Yaz O’Frazz is so excited to buy fruit and veggies at the grocery store! He needs your help to match the words and pictures below so he can put the canned fruit and veggies in his cart!

- Canned Corn
- Canned Peas
- Canned Peaches
- Canned Green Beans
- Canned Pears
- Canned Beans
- Canned Tomatoes
- Canned Oranges
- Canned Pineapple
- Canned Carrots

Solution: 7
### DRIED FRUIT & VEGGIES . . . RIDE THE TIDE!

Read the clue, about a dried fruit or veggie, then fill in the answer in the puzzle.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. I’m not an apple, but I have “apple” in my name. The top of me looks like green spikes.

2. When I’m fresh I’m called a plum, but when I’m dried this is my name.

3. I’m a dried grape.

4. I’m a fruit that rhymes with “wig.”

5. I’m an orange vegetable that is an excellent source of vitamin A, which is important for good eyesight. Rabbits like to eat me!

6. I’m a fruit that is small, round, blue, and grows on a bush.

7. I’m a small, round, green vegetable.
Color the picture using the number guide below to see the fruit and veggies Winnona loves to eat DRIED!

1 - Yellow
2 - Orange
3 - Purple
4 - Green
5 - Brown
6 - Red
7 - Tan

Solution: Dried fruit & veggies are cool fuel!!!

Decode the secret message about dried fruit and veggies by using the picture clues below each box. Find the matching picture with the correct letter. Write the letter in the correct box to learn the secret message.
Circle the following words in the puzzle. The words can be horizontal, vertical, diagonal, or backwards. All of the answers are the names of frozen fruit and veggies!

BLUEBERRY  CAULIFLOWER  LIMA BEAN  ONION  PINEAPPLE  SNOW PEAS
BROCCOLI  CORN  MANGO  PEACH  POTATO  SPINACH
CARROT  GREEN BEANS  OKRA  PEAS  RASPBERRY  STRAWBERRY

Solution on back
Smoothies are a very tasty way to use frozen fruit! The cups below are filled with amounts of berry smoothies. Find the ones that match.

Unscramble the letters to find the name of a frozen fruit or veggie.

<p>| | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

Help Big Pauly find his way through the maze of fruit and veggies to the end where the other Color Champions are waiting for him. When you are finished, color the maze.
Help Big Pauly shop for fresh fruit and veggies! Write the letter of the correct amount of money next to the correct fruit or veggies.

Solution: Pear, apple, & orange - E, Grapes - D, Asparagus - A, Red Pepper - B, Bananas - C

Big Pauly loves to play! Can you find the 5 differences between picture A and picture B? Circle the differences.
Solution to crossword puzzle on page 5.

Solution to word find on page 7.

Fruit & Veggie Color Champion™ characters and names are trademarks of Produce for Better Health Foundation.

© 2015 Produce for Better Health Foundation. 1450-0712

Produce for Better Health Foundation
7465 Lancaster Pike / Suite J, 2nd Floor
Hockessin, DE 19707