Let’s have FUN with Fruits & Veggies

Activity Booklet TWO

Be a superhero with fruits and veggies!
A is for...

Let’s write letters! First trace it with your finger, and then trace over the dotted lines to write the letter A. Now you are ready to write the letter A on your own.

Apple

Trace over the dots to spell a fruit that starts with the letter A.

Broccoli is a great source of vitamin C, which helps keep teeth and gums healthy.

Make a copy of this page. Then cut out the puzzle pieces and put them together using the broccoli as your guide.

Color me!
If the pattern in each row repeats, can you draw what comes next?

1. 

2. 

3. 

4. 

Remember!
Fruits & veggies in all forms count: fresh, frozen, canned, dried and 100% juice.

Answers: 1-corn, 2-banana, 3-100% juice, 4-dried plums.

Let’s write letters! First trace it with your finger, and then trace over the dotted lines to write the letter B. Now you are ready to write the letter B on your own.

Trace over the dots to spell a fruit that starts with the letter B.
Let's write letters! First trace it with your finger, and then trace over the dotted lines to write the letter C. Now you are ready to write the letter C on your own.

C is for... 

Carrot

Trace over the dots to spell a veggie that starts with the letter C.

Follow the path and collect the letters P I N E A P P L E along the way. Say each letter out loud as you go past it!

1. Explorers brought pineapples from the new world around 1400.
2. Pineapples are a symbol of hospitality.
3. Pineapples are high in vitamin C.
4. A delicious way to enjoy pineapple is as 100% juice. Pineapple also comes fresh, canned and dried!
Let's write letters! First trace it with your finger, and then trace over the dotted lines to write the letter D. Now you are ready to write the letter D on your own.

Pineapple Tidbits
1. Explorers brought pineapples from the new world around 1400.
2. Pineapples are a symbol of hospitality.
3. Pineapples are high in vitamin C.

A delicious way to enjoy pineapple is as 100% juice. Pineapple also comes fresh, canned and dried!

D is for...
Trace over the dots to spell a fruit that starts with the letter D.
Let's write letters! First trace it with your finger, and then trace over the dotted lines to write the letter E. Now you are ready to write the letter E on your own.

Fruits help give you energy. Draw a line from each fruit to the letter with which it starts. What color do these fruits have in common? Color them!

Cherries
Watermelon
Apple
Tomato

Hi, I’m a tomato.
I taste great on my own or in sauces!

E is for...

Eggplant

Trace over the dots to spell a veggie that starts with the letter E.
Let's write letters! First trace it with your finger, and then trace over the dotted lines to write the letter F. Now you are ready to write the letter F on your own.

F is for...

Trace over the dots to spell a fruit that starts with the letter F.

Eggplants rock! Have fun drawing this eggplant! Use the grid to help you.

Make a copy of this page. Then cut out the eyes and use them to create a face on the eggplant you have drawn. How about drawing a mouth and something else? Use your imagination!
Let's write letters! First trace it with your finger, and then trace over the dotted lines to write the letter G. Now you are ready to write the letter G on your own.

G is for...

Grape

Trace over the dots to spell a word that starts with the letter G.

What are root veggies?

They are plants whose underground parts are used as veggies.

Draw a line from the name of each root veggie on the left to the correct picture on the right.

Garlic

Turnip

Potato

Onion

Carrot

Answers: Garlic-A, Turnip-B, Potato-D, Onion-E, Carrot-C.