Let’s have FUN with Fruits & Veggies

Activity Booklet THREE

Fruits & veggies more matters®
FruitsAndVeggiesMoreMatters.org

Be awesome. Eat your fruits and veggies!
These pictures show the planting of a seed and its growth. Can you number them in the right order?

Fruits and veggies grow in a variety of ways: on trees, bushes, plants, vines and underground.

Which of these fruits and veggies are yellow? Circle the one that isn’t.

Answer: A-4, B-3, C-2, D-1.

Trace over the dots to spell the name of a color.

Yellow

Color this yellow.

lemon

strawberry

corn
Trace over the first letter of each picture in the correct space below to complete the sentence.

Eating lots of fruits and veggies helps you

Which of these fruits are blue or purple? Circle the one that isn’t.

Trace over the dots to spell the name of a color.

Blue

Color this blue.

blueberries  plum  kiwifruit
The celery wants to join his corn buddy by having fruit & veggie snacks along the way. Help him choose the right snack route. If you are right, you’ll move to the next question. If you are wrong, try again!

Which of these fruits and veggies are red? Circle the one that isn’t.

- zucchini
- tomato
- cherries

Color this red.
Which of these fruits and veggies are orange? Circle the one that isn’t.

- Tangerine
- Artichoke
- Carrots

Trace over the dots to spell the name of a color.

Color this orange.
What’s different?

Circle the item in each row that is different from the rest.

Remember!
Fruits & veggies—they’re everywhere: fresh, frozen, canned, dried and 100% juice.

A

GREEN BEANS

B

100% Juice

C

FROZEN
spinach

D

100% Juice

Which of these fruits and veggies are green? Circle the one that isn’t.

- grapes
- pumpkin
- broccoli

Trace over the dots to spell the name of a color.

Green

Color this green.
Fruits and veggies: tasty, sweet, and fun to eat.

How many fruits or veggies do you see in each picture? Have fun counting them!

I see strawberries.

I see dried cranberry bags.

I see tomato juices.

I see cabbages.

Which one of these fruits and veggies is purple? Circle it.

Answers: 4 strawberries, 3 dried cranberry bags, 3 100% tomato juices, 5 cabbages.

Trace over the dots to spell the name of a color.

Purple

Color this purple.

raspberries  eggplant  garlic
Color by numbers!

Colorful fruits and veggies are cool fuel for your body. Add color to this juggling act using the code.

1 red
2 orange
3 yellow
4 purple
5 green

Trace over the dots to spell the name of a color.

Brown

Which of these fruits and veggies are white? Circle the one that isn’t.

- mushroom
- cauliflower
- avocado

Color this brown.