

VERNE'S LUNCH TABLE TALES



It's lunchtime!

Everyone opens their lunch bags, revealing _____ (adjective) treats to eat. _____ (girl name) pulls out a _____ (adjective) _____ (red fruit or vegetable) to eat. The **red** color group helps her remember her school lessons better. _____ (boy name) has many kinds of berries, _____ (list berries in the red and blue color group), and _____ (list a berry in the red and blue color group). He likes to mix his colored berries so he can remember his lessons too. _____ (girl name) has some carrots and some cantaloupe because the **yellow/orange** color group helps her see clearly. _____ (boy or girl name) and _____ (boy or girl name) share their lunch! They split a _____ (red fruit or vegetable) and _____ (green fruit or vegetable) so they can both have strong bones and a healthy heart!

Now it's time for you to open your lunch bag. You have the best lunch of them all: a _____ (green fruit or vegetable), some delicious _____ (white fruit or vegetable), half of a _____ (red fruit or vegetable), and 2 slices of _____ (blue/purple fruit or vegetable)!

You have something from every fruit and vegetable color group!

SECRET MIRROR MESSAGE

Hold the message below up to a mirror.
Can you read what it says?

fruits and veggies help you stay healthy
and your vision, yellow, orange
are the right decision.

