

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 2: Fruits and Vegetables

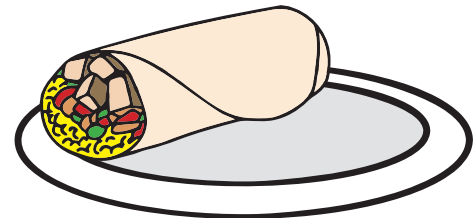
**Lesson Theme:** Increasing the consumption of fruits, vegetables and the willingness to try new foods.

**ACTIVITY:** Make each meal healthier by adding 2 – 3 fruits and vegetables. Try to use each fruit and vegetable only once. Feel free to come up with your own ideas!

**Broccoli**

**Corn**

**Pear**

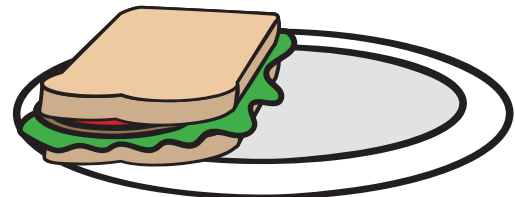


Breakfast burrito

**Lettuce**

**Carrot**

**Apple**

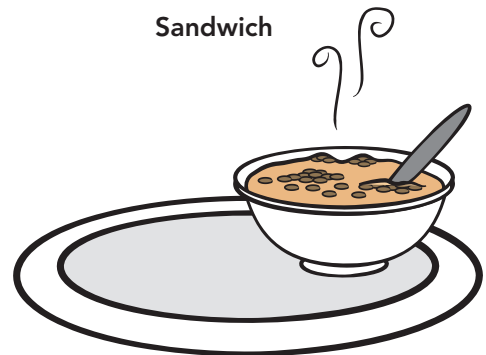


Sandwich

**Peas**

**Orange**

**Grapes**



Soup

