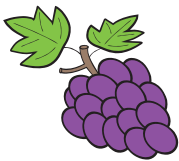


Name: _____ Date: _____

Module 2: Fruits and Vegetables

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

ACTIVITY: Tammy is tired of eating the same old fruits and vegetables each week. Help her come up with a colorful list of new fruits and vegetables to try by selecting two fruits/vegetables of each color.



Red	red bell peppers, tomatoes, strawberries, apples, cherries, raspberries, radishes, beets pomegranates, watermelon
Yellow	yellow carrots, yellow peppers, lemons, yellow tomatoes, squash, banana, pineapples corn, butternut squash
Orange	oranges, tangerines, carrots, sweet potatoes, persimmons pumpkin, papaya
Green	kale, spinach, lettuce, limes, broccoli, bok choy, kohlrabi snap peas, green beans
Blue/Purple	blueberries, eggplant, grapes, plums, prunes, purple asparagus, purple potatoes blackberries, figs

