

Fruit and Veggie Variety

Directions:

1. Look at the colors of fruits and vegetables in the “Color List Key” on this sheet. In each box, write the color or colors that help each body function.
2. Then, list some fruits and vegetables that are the same color.

Color List Key:

Red
Orange/Yellow
Green
Blue/Purple
White

Clear Skin and Healthy Eyes

Color:

Fruits and Vegetables:

Help you Learn and Remember

Color:

Fruits and Vegetables:

Healthy Heart

Color:

Fruits and Vegetables:

Strong Muscles

Color:

Fruits and Vegetables:

Healthy Tummy and Help you Go to the Bathroom

Color:

Fruits and Vegetables:

