

## Directions for *Eat Colors Be Healthy* Posters

For mini poster (8½”x11”): Cut out the fruit and vegetable pictures on page 2. On your ELMO projector, place each fruit and vegetable picture in the correct spot on the *Eat Colors Be Healthy* mini poster (page 1). Read each nutrition message below.

For large poster (18”x24”): Cut out the fruit and vegetable pictures. Attach Velcro to the back of each fruit and vegetable picture as well as on the poster. Place Velcro in the places shown on the answer key so that pictures will adhere to the poster. Read each nutrition message below.

**Answer key:**



Picture	Fruit/Veg Color Group	Body Part	Nutrition message
carrot	yellow/orange	eyes	Yellow and orange fruits and vegetables keep your eyes healthy.
blueberries	blue/purple	brain	Blue and purple fruits and vegetables help your brain learn and remember.
apple	red	heart	Red fruits and vegetables keep your heart strong.
broccoli	green	stomach	Green fruits and vegetables help move food through your body for a healthy stomach.
potato	brown, tan and white	thigh	Brown, tan, and white fruits and vegetables keep your muscles strong.