

# 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

**Help you Learn and Remember**

Color:

Fruits and Vegetables:

**Clear Skin and Healthy Eyes**

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:

