



Put a Little Fruit & Veggie in it!



Directions: Read the title in each box and fill in the spaces with different fruits and vegetables you would like to try.

Vegetables that are great to eat with hummus or low-fat dip

- 1.
- 2.
- 3.

Fruits you can blend together to make a smoothie

- 1.
- 2.
- 3.

Vegetables you can take with you on the go

- 1.
- 2.
- 3.

Fruits with a peel that you can eat

- 1.
- 2.
- 3.

Vegetables that you can put on pizza

- 1.
- 2.
- 3.

Fruits you can add to your breakfast

- 1.
- 2.
- 3.

Vegetables that your family eats at holidays

- 1.
- 2.
- 3.

Dried fruits you can eat for a snack

- 1.
- 2.
- 3.