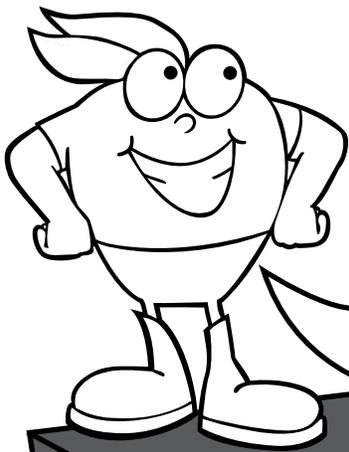


# If I Were a . . .

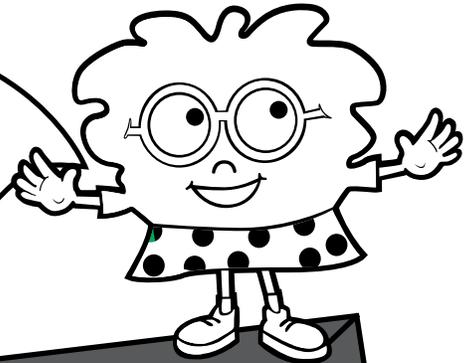
Greta and Raoul have been thinking about what they would be like if they were a fruit instead of a vegetable. What would you be like if you were a fruit or vegetable?

Use the space below to draw a picture of yourself, then fill in the boxes on the next page to describe yourself in more detail.



If I were a fruit, I'd be a banana because bananas are the most popular fruit in America!

If I were a fruit, I'd be a grape because then I could always hang out with a bunch of my best friends.



If I were a fruit or vegetable, I'd like to be a(n) \_\_\_\_\_  
Draw a picture of what you'd look like.

# If I were a fruit or vegetable, I'd like to be a(n)

\_\_\_\_\_.

In the spaces below, complete each sentence. Be creative!

There are no right or wrong answers; just use your imagination and have fun!

My friends and I \_\_\_\_\_

\_\_\_\_\_

My clothes would be \_\_\_\_\_

\_\_\_\_\_

After school, I'd spend my time \_\_\_\_\_

\_\_\_\_\_

At my birthday party, we'd \_\_\_\_\_

\_\_\_\_\_

My best friend would be \_\_\_\_\_

\_\_\_\_\_

If people asked me about Fruits & Veggies—More Matters, I'd tell them \_\_\_\_\_

\_\_\_\_\_

If people wanted my autograph, I'd \_\_\_\_\_

\_\_\_\_\_

My school would have \_\_\_\_\_

\_\_\_\_\_

My hobbies would include \_\_\_\_\_

\_\_\_\_\_

# Bell Pepper Color-by-Numbers

Have fun creating your own rainbow of peppers by completing this color-by-number activity!

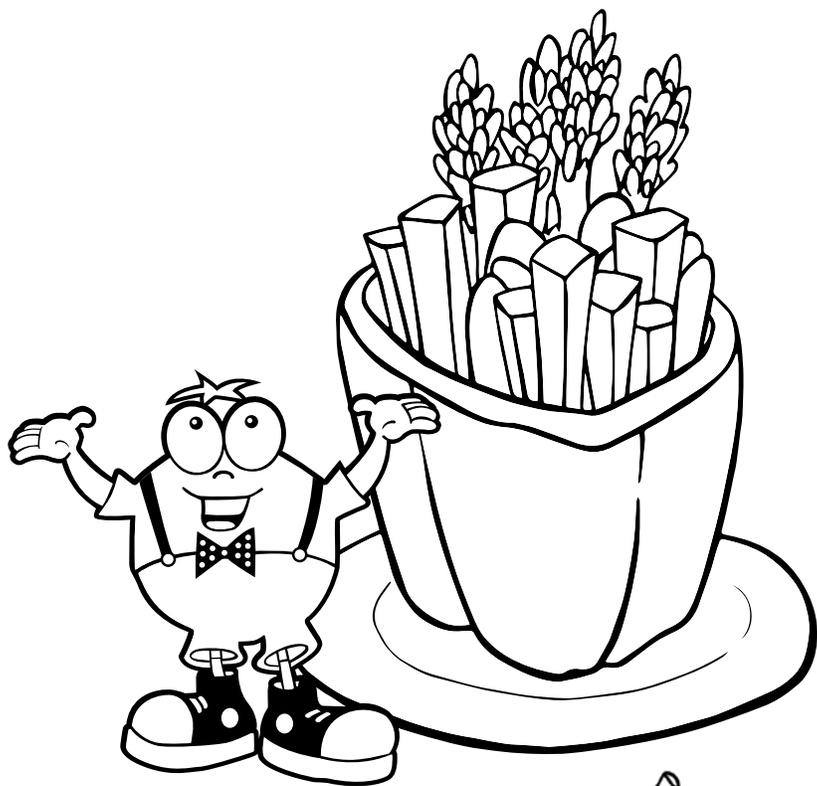
**Use this color key as a guide:** 1=Red 2=Orange or Yellow 3=White or Brown 4=Green 5=Blue or Purple  
Color the rest of the scene any way you want.



**Did you know . . .** bell peppers come in every color of the rainbow? That's right!  
There are red, orange, yellow, green, brown, and even purple bell peppers.

# Bell Pepper Snack Cups

Green bell peppers filled with a variety of colorful vegetables create a fun snack for kids!



## You Will Need:

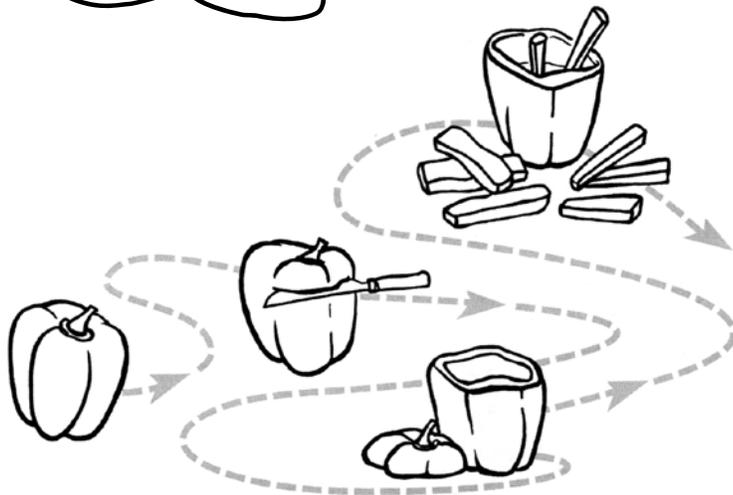
- Cutting board
- Knife
- Four small plates

## Ingredients:

- 4 green bell peppers
- ½ cup low-fat ranch dressing
- 1 red bell pepper, seeded and cut into strips ½ inch wide
- 12 peeled mini-carrots
- 2 stalks celery, cut into strips 4 inches long and ½ inch wide
- 8 asparagus spears, trimmed to 4-5 inches long
- 1 small jicama, peeled, cut into strips 4 inches long and ½ inch wide

## Instructions:

1. Cut the tops off the green bell peppers and remove the seeds.
2. Place bell peppers on small plates. Pour 2 tablespoons ranch dressing into the bottom of each snack cup.
3. Place equal amounts of red pepper strips, mini carrots, celery strips, asparagus spears, and jicama strips into each snack cup. Then start dipping and snacking!



## Nutrition Information per Serving (makes 8 servings)

Each serving provides 2 cups of vegetables.

**Calories** ..... 130  
**Total Fat** ..... 3 grams  
**Saturated Fat** ... 1 gram  
**Cholesterol** ..... 0 milligrams

**Sodium** ..... 366 milligrams  
**Potassium** ..... 405 milligrams  
**Total Carbohydrate**..... 21 grams  
**Dietary Fiber**..... 6 grams  
**Protein** ..... 2 gram

**Vitamin A** ..... 4967 International Units  
**Vitamin C** ..... 94 milligrams  
**Calcium** ..... 32 milligrams  
**Iron** ..... 0.9 milligrams  
**Folate** ..... 66 micrograms

**Did you know . . .** All bell peppers start out green; the longer they stay on the vine, the riper and sweeter they get. Their final color depends on the variety.

# "Berried" Treasure

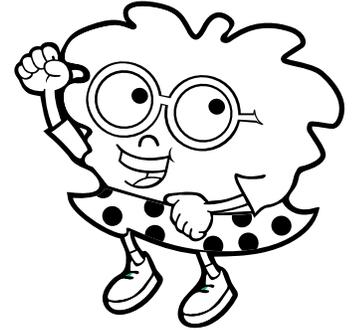
Berries are bursting with color and nutrients. How many berries can you find in this picture?  
*Look for blueberries, cranberries, raspberries, and strawberries.*



# Greta's Trivia Challenge

Greta wants to test your knowledge of fruit and vegetables!

See how many of the following answers you know.



1. How many seeds are on the outside of a strawberry?
  - a) 100
  - b) 200
  - c) 300
  - d) 400
2. When you eat spinach, what part of the plant are you eating?
  - a) roots
  - b) stem
  - c) leaves
  - d) seed pod
3. What is the green, leafy top of a pineapple called?
  - a) crown
  - b) tiara
  - c) hat
  - d) cap
4. How many plums does it take to make one serving of fruit?
  - a) one
  - b) two
  - c) three
  - d) four
5. What is the most popular fruit in the United States?
  - a) apple
  - b) orange
  - c) banana
  - d) grapes
6. How long does it take to grow a pineapple?
  - a) 6 months
  - b) 12 months
  - c) 18 months
  - d) 24 months
7. What is the most popular vegetable in the United States?
  - a) broccoli
  - b) potato
  - c) carrots
  - d) Brussels sprouts
8. Which U.S. state produces the most apples each year?
  - a) New York
  - b) California
  - c) Florida
  - d) Washington
9. When you eat celery, what part of the plant are you eating?
  - a) roots
  - b) stem
  - c) leaves
  - d) seed pod
10. Are tomatoes a fruit or a vegetable?
  - a) fruit
  - b) vegetable
11. Which U.S. state produces the most grapes?
  - a) California
  - b) North Dakota
  - c) Oregon
  - d) Texas
12. How many kernels are on the average ear of sweet corn?
  - a) 200
  - b) 400
  - c) 600
  - d) 800
13. What's another name for prunes?
  - a) plums
  - b) pods
  - c) peeps
  - d) dried plums
14. What's the most popular fruit in the world?
  - a) banana
  - b) papaya
  - c) mango
  - d) pineapple
15. Which contains more fiber per serving?
  - a) raspberries
  - b) apples
16. Which contains more water per serving?
  - a) watermelon
  - b) iceberg lettuce
17. Which are the most popular berries in the United States?
  - a) raspberries
  - b) blueberries
  - c) strawberries
  - d) blackberries
18. Which contains the most vitamin A per serving?
  - a) oranges
  - b) cantaloupe
19. How many different kinds of apples are grown in the United States?
  - a) 50
  - b) 2,500
  - c) 150
  - d) 600
20. Which contains more vitamin C per serving?
  - a) potatoes
  - b) broccoli

# Fruit & Veggie Color Champions™

# Trading Cards

Add color to these trading cards, and then trade with your friends.  
Look for yummy veggie dip recipes on the back of each card.



## Yaz O'Frazz

**Nickname:** Yaz-a-doodle-do  
**Birthday:** September 20  
**Hobbies:** basketball, dancing, singing, and writing music  
**Lucky Number:** 4  
**Favorite Game:** musical chairs  
**When I grow up, I want to be:** a star



## Winonna

**Nickname:** Bananarama  
**Birthday:** June 10  
**Hobbies:** playing soccer, jumping rope, and playing video games  
**Lucky Number:** 3  
**Favorite Game:** bicycle tag  
**When I grow up, I want to be:** a doctor



## Raoul

**Nickname:** Tomato Sauce  
**Birthday:** July 8  
**Hobbies:** roller skating, basketball, and painting pictures  
**Lucky Number:** 8  
**Favorite Game:** hide and seek  
**When I grow up, I want to be:** an artist



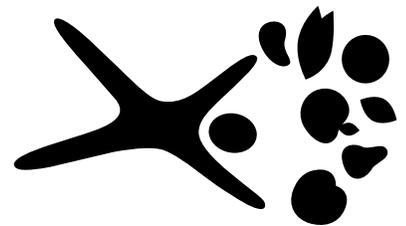
## Greta

**Nickname:** Green Machine  
**Birthday:** March 30  
**Hobbies:** playing tennis, hopscotch, and creating new recipes  
**Lucky Number:** 5  
**Favorite Game:** bicycle tag  
**When I grow up, I want to be:** a chef



## Big Pauly

**Nickname:** Little Blue  
**Birthday:** May 5  
**Hobbies:** skate boarding, reading comic books, and talking with my friends  
**Lucky Number:** 7  
**Favorite Game:** table tennis  
**When I grow up, I want to be:**



fruits & veggies  
**more**  
**matters**®  
FruitsAndVeggiesMoreMatters.org



# Dip Recipes

These yummy dips are great with raw veggies. Try asparagus spears, bell pepper strips, jicama strips, snow pea pods, cherry tomatoes, baby carrots, zucchini sticks, or radishes.

## Nutty Honey Dip

Makes 16 servings  
2 tablespoons per serving

### Ingredients

1½ cups peanut butter  
½ cup honey

### Instructions

1. Blend all ingredients in small microwave-safe bowl.
2. Heat dip in microwave for 30 seconds or until it reaches a consistency that allows for easy dipping.
3. Stir before serving.

## Pineapple Salsa Dip

Makes 8 servings  
¼ cup per serving

### Ingredients

2 8 oz. cans crushed pineapple  
1 cup thick and chunky salsa  
1 tablespoon packed brown sugar  
1 teaspoon grated fresh ginger root OR ½ teaspoon ground ginger

### Instructions

Combine all ingredients in a small bowl.

## Super Creamy Spinach Dip

Makes 8 servings · ¼ cup per serving

### Ingredients

1 6 oz. pkg. Spinach Salad Blend  
1½ cups prepared low-fat ranch dressing

### Instructions

1. Place spinach in microwave-safe dish; add 3 tablespoons water.
2. Cover and microwave on high for 3 minutes. Cool, drain, and squeeze dry.
3. Chop into small pieces.
4. Mix salad dressing and spinach in small bowl.

## Green Monster Dip

Makes 8 servings  
¼ cup per serving

### Ingredients

1 ripe avocado, peeled and seeded  
1 tablespoon fresh lemon or lime juice  
¼ teaspoon salt

### Instructions

Mash together all ingredients in a small bowl.

## Yogurt Garlic Dip

Makes 6 servings  
¼ cup per serving

### Ingredients

1½ cups low-fat yogurt, plain  
1 clove of garlic, mashed  
1 tablespoon olive oil  
½ teaspoon salt

### Instructions

Combine all ingredients in a small bowl and stir.

## Lima Bean Dip

Makes 8 servings  
¼ cup per serving

### Ingredients

1 can lima beans, rinsed  
3 tablespoons sesame seeds, toasted  
¼ cup lemon juice  
1 tablespoon olive oil  
¾ teaspoon salt  
1 clove of garlic, mashed

### Instructions

Combine all ingredients in a blender and blend until smooth.

# Fit Fun Kids

Fit Kids love to be active. You can be a Fit Kid, too! You just need to find a few activities you love to do, and then do them as often as possible to keep your heart healthy and your body strong. Remember, it doesn't matter what you do—you just gotta move!

## **Here are some Fit Kid Ideas for you:**

Grab a racquet,  
and really whack it!

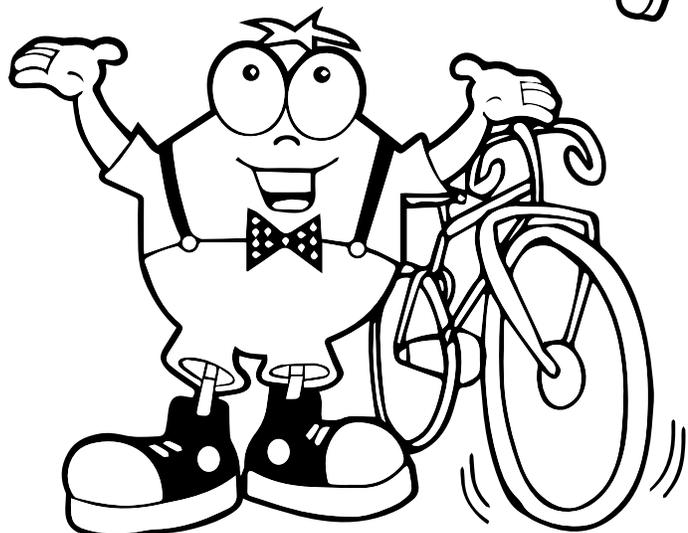
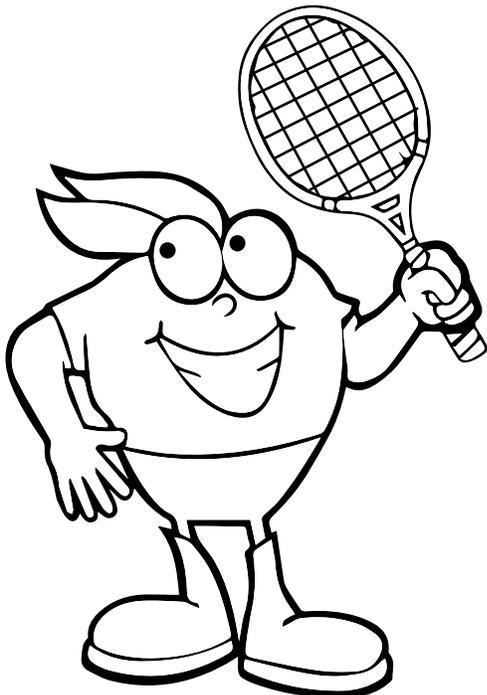
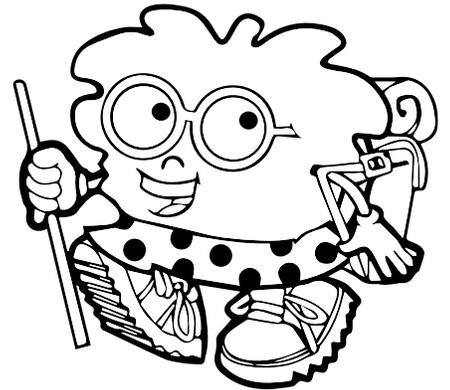
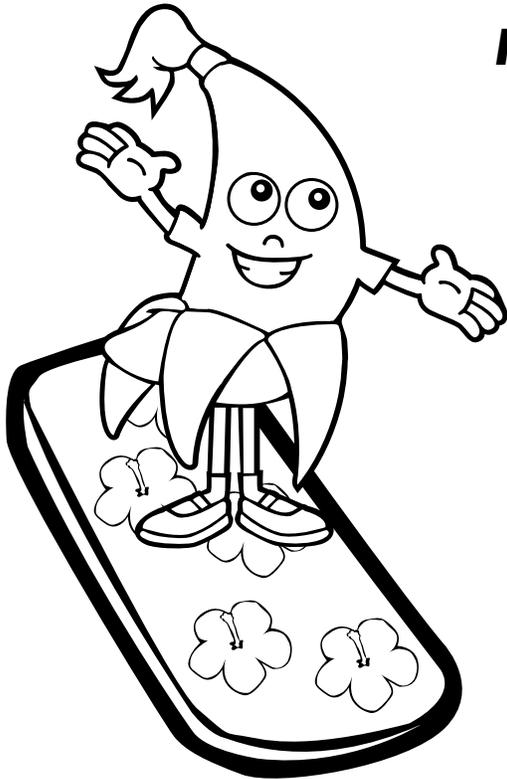
Catch some waves.

Walk through a maze.

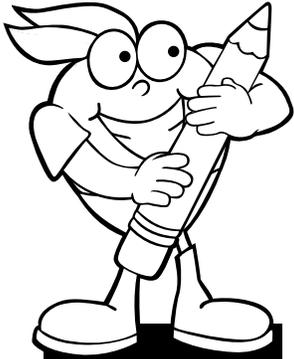
Take a hike  
or ride a bike!

Walk or run.

**Just have some fun!**



# Shop-by-Color



Which colorful fruit and vegetables should Raoul buy?  
Help him by filling in this list with your favorite fruit  
and vegetables in each color group.

**RED**

Fruit

*Red Apples*

**YELLOW/  
ORANGE**

Fruit

*Oranges*

**WHITE/  
BROWN**

Fruit

*Bananas*

**GREEN**

Fruit

*Green Grapes*

**BLUE/  
PURPLE**

Fruit

*Raisins*

Vegetables

*Red Bell Peppers*

Vegetables

*Carrots*

Vegetables

*Mushrooms*

Vegetables

*Collard Greens*

Vegetables

*Purple Cabbage*

# Draw a Rainbow in Your Cart

What are your favorite fruit and vegetables? Use this page to draw a rainbow of fruit and vegetables you'd like to see in your family's shopping cart.



# Eat your colors every day to stay healthy and fit



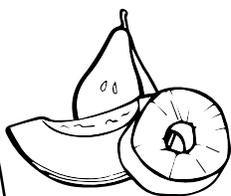
## RED

### FRUIT

Blood Oranges  
Cherries  
Cranberries  
Juniper Berries  
Lingonberries  
Loganberries  
Mulberries  
Pink/Red Grapefruit  
Pomegranates  
Raspberries  
Red Apples  
Red Currants  
Red Grapes  
Red Pears  
Salmon Berries  
Strawberries  
Watermelon

### VEGETABLES

Beets  
Chili Peppers  
Red Peppers  
Radishes  
Radicchio  
Red Onions  
Tomatoes  
Rhubarb



## YELLOW/ ORANGE

### FRUIT

Apricots  
Cantaloupe  
Cape Gooseberries  
Golden Kiwifruit  
Grapefruit  
Lemons  
Mangoes  
Nectarines  
Oranges  
Papayas  
Peaches  
Persimmons  
Pineapples  
Tangerines  
Yellow Apples  
Yellow Figs  
Yellow Pears  
Yellow Watermelon

### VEGETABLES

Butternut Squash  
Carrots  
Orange Peppers  
Orange Tomatoes  
Pumpkin  
Rutabagas  
Sweet Corn  
Sweet Potatoes  
Yellow Beets  
Yellow Peppers  
Yellow Potatoes  
Yellow Summer Squash  
Yellow Tomatoes  
Yellow Winter Squash



## WHITE/ BROWN

### FRUIT

Asian Pear  
Bananas  
Brown Pears  
Coconut  
Dates  
Durian  
Dried Figs  
Golden Raisins  
Lychee  
Star Fruit  
White Grapefruit  
White Nectarines  
White Peaches

### VEGETABLES

Celeriac  
Cauliflower  
Endive  
Fennel  
Garlic  
Ginger  
Jerusalem Artichokes  
Jicama  
Kohlrabi  
Leeks  
Mushrooms  
Onions  
Parsnips  
Potatoes  
Shallots  
Taro  
Turnips  
White Asparagus  
White Corn



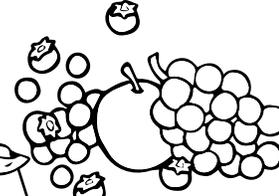
## GREEN

### FRUIT

Avocados  
Green Apples  
Green Grapes  
Green Pears  
Honeydew  
Kiwifruit  
Limes

### VEGETABLES

Artichokes  
Arugula  
Asparagus  
Broccoflower  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Celery  
Chayote Squash  
Chinese Cabbage  
Collard Greens  
Cucumbers  
Green Beans  
Green Cabbage  
Green Onions  
Green Peppers  
Kale  
Lettuce  
Okra  
Peas  
Snow Peas  
Spinach  
Sugar Snap Peas  
Watercress  
Zucchini



## BLUE/ PURPLE

### FRUIT

Blackberries  
Black Currants  
Blueberries  
Concord Grapes  
Dried Plums  
Elderberries  
Passion Fruit  
Purple Figs  
Purple Grapes  
Raisins

### VEGETABLES

Black Salsify  
Eggplant  
Purple Peas  
Purple Potatoes  
Purple Asparagus  
Purple Endive  
Purple Cabbage  
Purple Carrots  
Purple Peppers