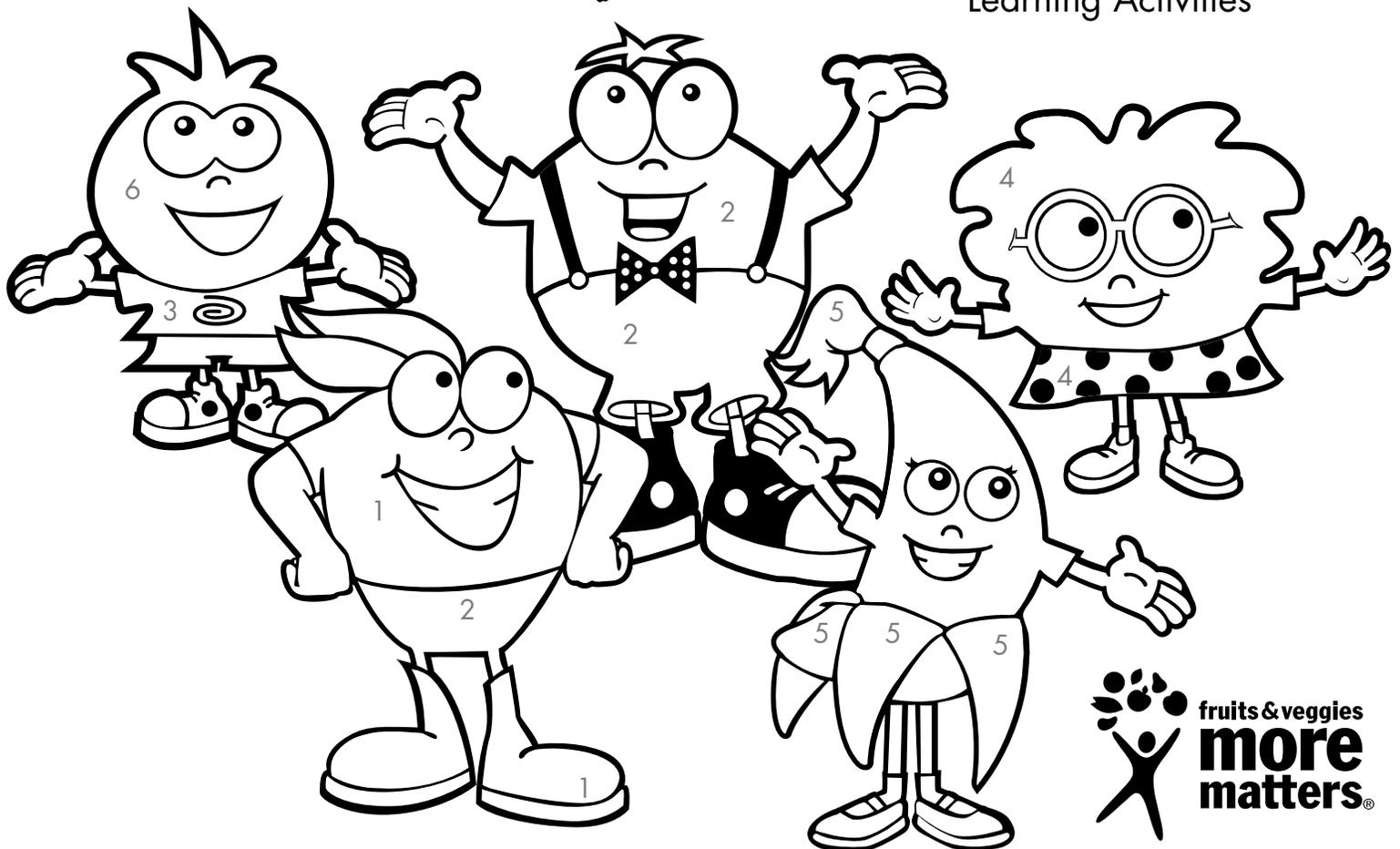


There's a RAINBOW on My Plate

Learning Activities

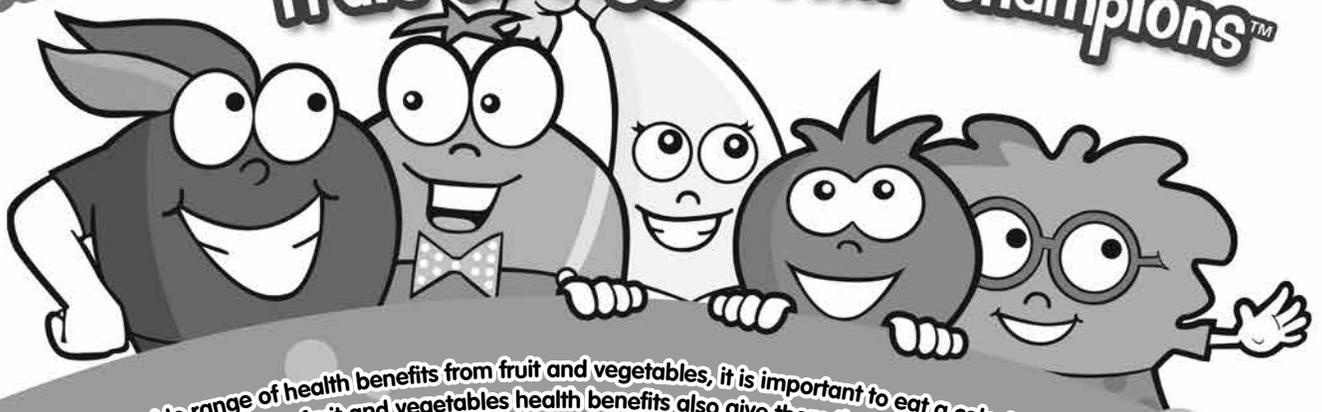


Welcome to the *There's a Rainbow on My Plate* Activity Book, with your friends the Fruit and Veggie Color Champions™! You can start your adventure by completing this color-by-number activity. **Use this color key as a guide:**

1=RED 2=ORANGE 3=PURPLE 4=GREEN 5=YELLOW 6=BLUE

Use different versions of the colors for variety.

Introducing the... Fruit & Veggie Color Champions™



In order to get the wide range of health benefits from fruit and vegetables, it is important to eat a colorful variety every day. Some plant compounds that give fruit and vegetables health benefits also give them their color. The Fruit & Veggie Color Champions™ proudly represent all the fruit and vegetables and as a team remind us to eat a colorful variety of fruit and vegetables each day.

Raoul™

Is confident, athletic, and smart, and wants kids to know that eating all colors of fruit and veggies and being physically active every day are two great habits to help you stay healthy.

Yaz O'Frazz™

Is adventurous, outgoing, and likes to clown around. Yaz isn't afraid to try new fruit or vegetables that he has never had before and encourages kids to do the same. After all, that's how you'll find your next favorite!

Winonna™

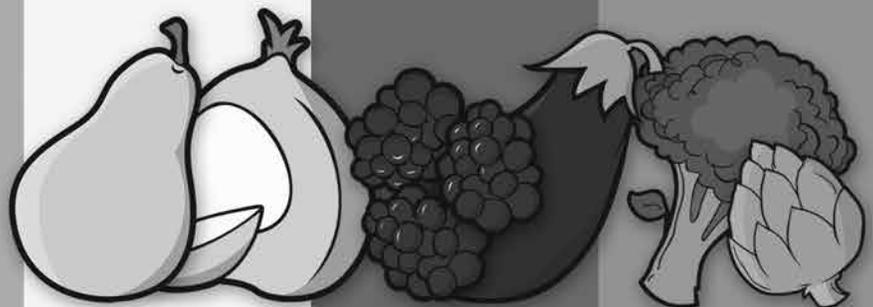
is imaginative, has a great sense of humor, and likes to figure out how things work. She has learned all about how fruit and vegetables help keep us healthy and wants kids to know that eating a colorful variety of fruit and vegetables is scientifically proven to be very important!

Big Pauly™

Is a happy-go-lucky little guy who is naturally curious and loves being a part of the Fruit & Veggies Color Champions team. Big Pauly wants kids to learn as much as they can about healthy eating and then pass that along to others; the more you know, the better choices you'll make.

Greta™

Is upbeat, smart, and very knowledgeable about how colorful fruit and vegetables can keep you healthy. Greta wants kids to know that variety is a must when it comes to eating fruit and vegetables. Eating all the different colors is an easy way to think about getting that variety.



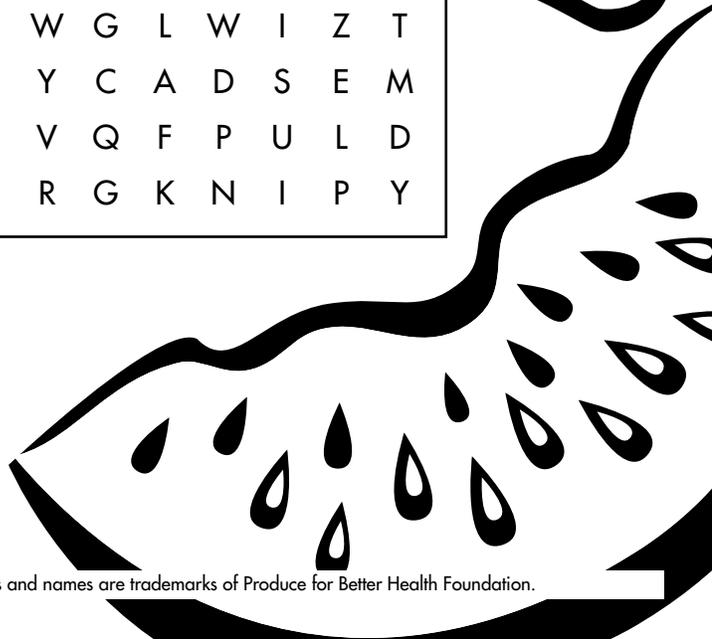
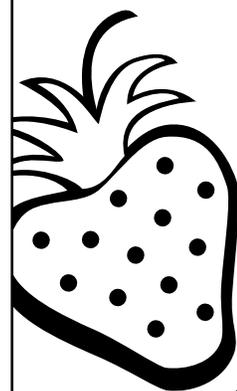
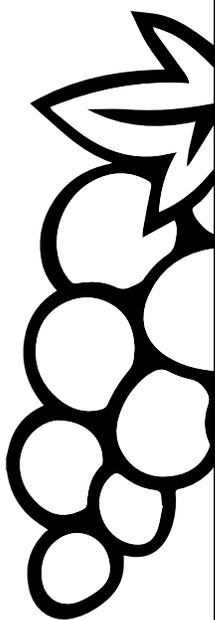
Fruit & Veggie Color Champions™ characters, names, and all related indicia are trademarks of Produce for Better Health Foundation. ©2013 1530-0813

Red Fruit Word Search

Can you find the names of the ten red fruit hidden in this word search puzzle?

Search up, down, left right, and diagonally to find the names of the ten hidden red fruit listed below:

- | | | |
|------------------------|---------------------|---------------------|
| BLOOD ORANGES | POMEGRANATES | STRAWBERRIES |
| CHERRIES | RASPBERRIES | WATERMELON |
| CRANBERRIES | RED APPLES | |
| PINK GRAPEFRUIT | RED GRAPES | |



Red Vegetables Word Jumbles

Raoul needs your help to unscramble the names of these red vegetables.

DRE LBEL EPRPSEP should be _____

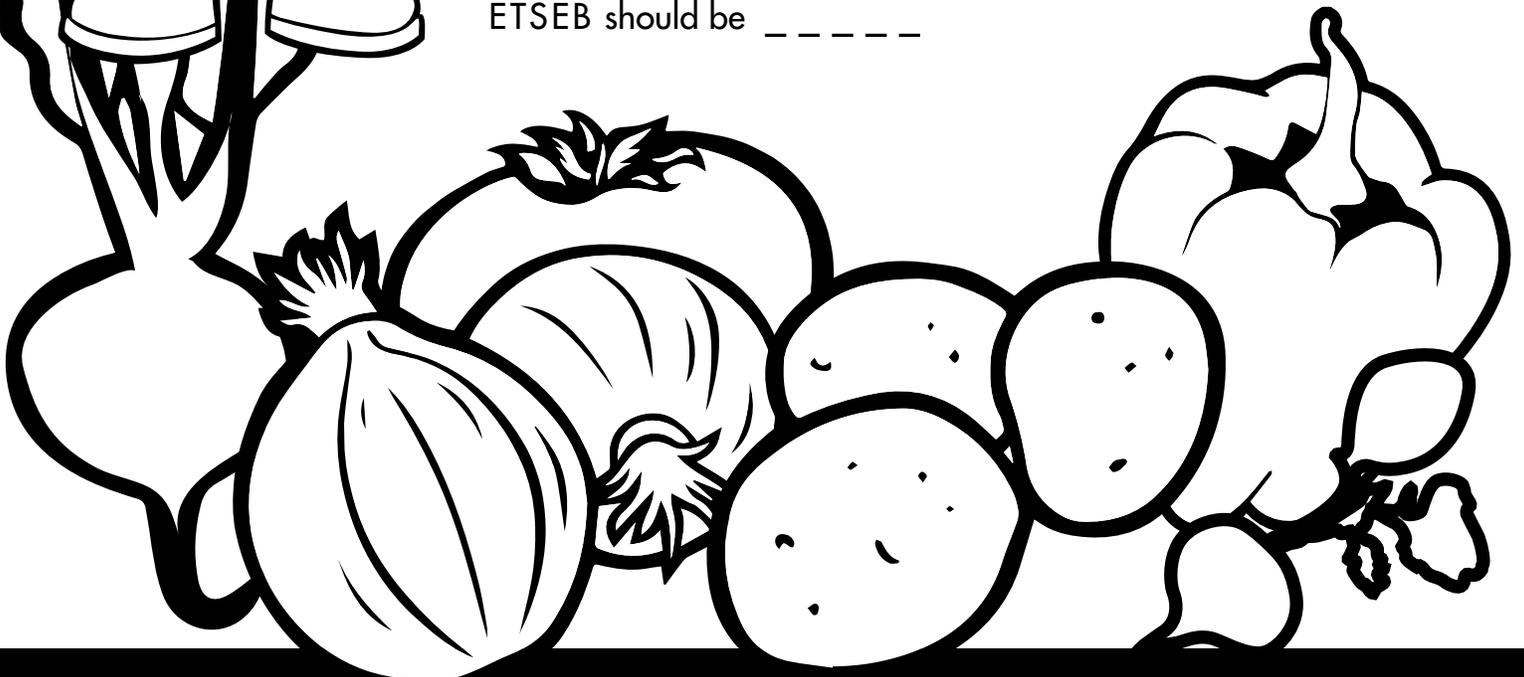
DER NNOISO should be _____

MTESOOAT should be _____

ERD ASOTEOPT should be _____

ISRHAEDS should be _____

ETSEB should be _____

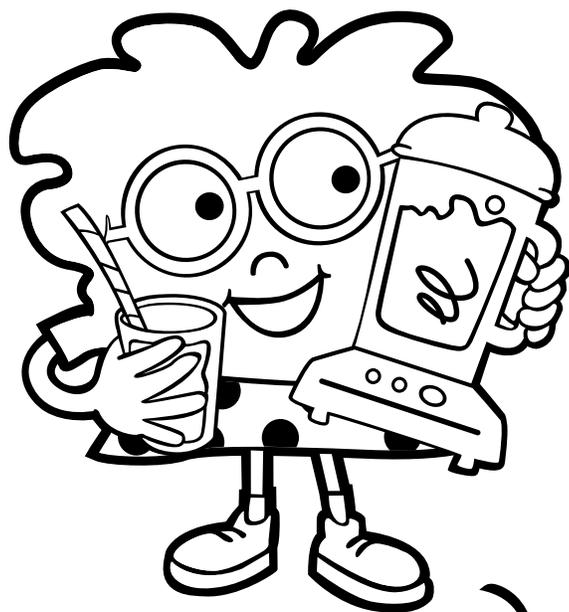


Did you know . . . Some red vegetables, like red-skinned potatoes, are only red on the outside while other red vegetables, like tomatoes, are red all the way through.

Super Scrumptious Strawberry Smoothie

Gretta loves to make smoothies to share with her friends.

Try making this smoothie to share with *your* friends.



You Will Need:

- Measuring cups
- A blender
- Two 12 oz. glasses



Ingredients:

- 1 cup strawberries, fresh or frozen
- 6 oz. 100% pineapple juice
- 1 medium banana, broken into four pieces
- 1 mandarin orange

Instructions:

1. Place all ingredients in the blender. Secure the lid and blend for 10 seconds or until it's smooth.
2. Divide the smoothie between two glasses.



Nutrition Information per Serving (makes 2 servings)

Each serving provides 2 cups of fruit.

Calories 152
Total Fat 0 grams
Saturated Fat ... 0 grams
Cholesterol 0 milligrams

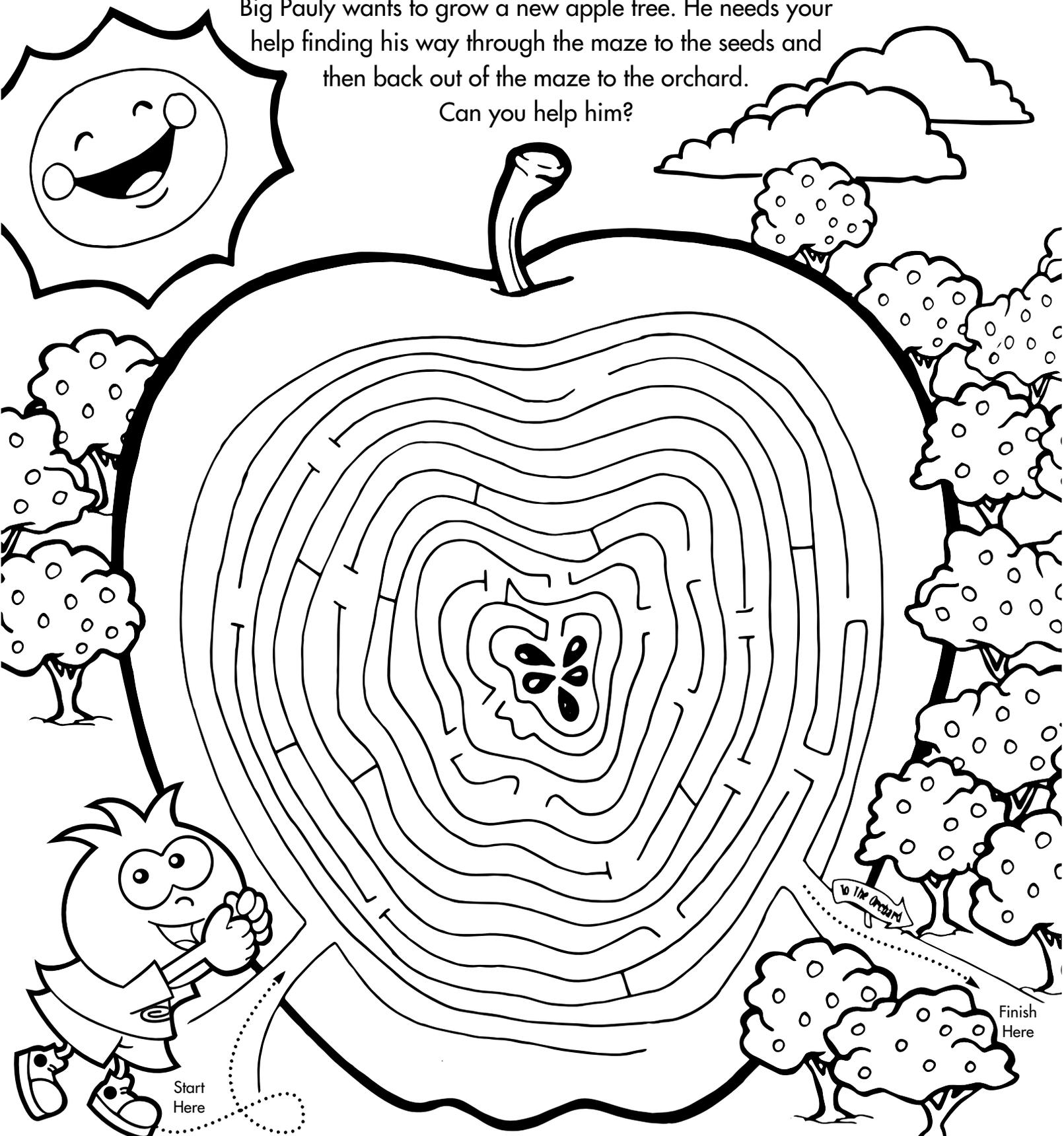
Sodium 10 milligrams
Potassium 360 milligrams
Total Carbohydrate..... 39 grams
Dietary Fiber..... 4 grams
Protein 1 gram

Vitamin A 46 International Units
Vitamin C 75 milligrams
Calcium 22 milligrams
Iron 0.7 milligrams
Folate 29 micrograms

Apple Maze

Big Pauly wants to grow a new apple tree. He needs your help finding his way through the maze to the seeds and then back out of the maze to the orchard.

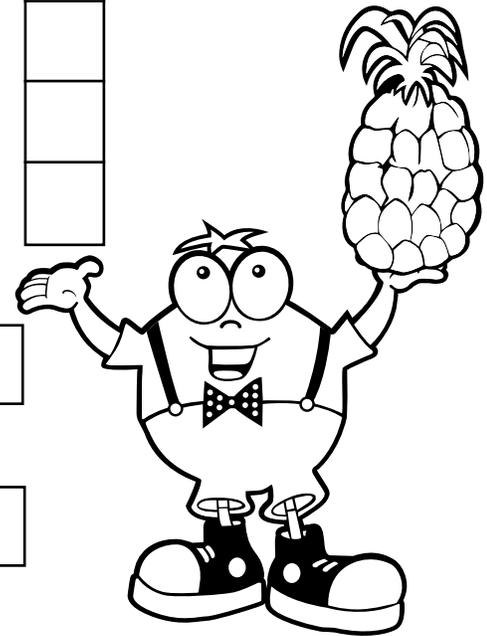
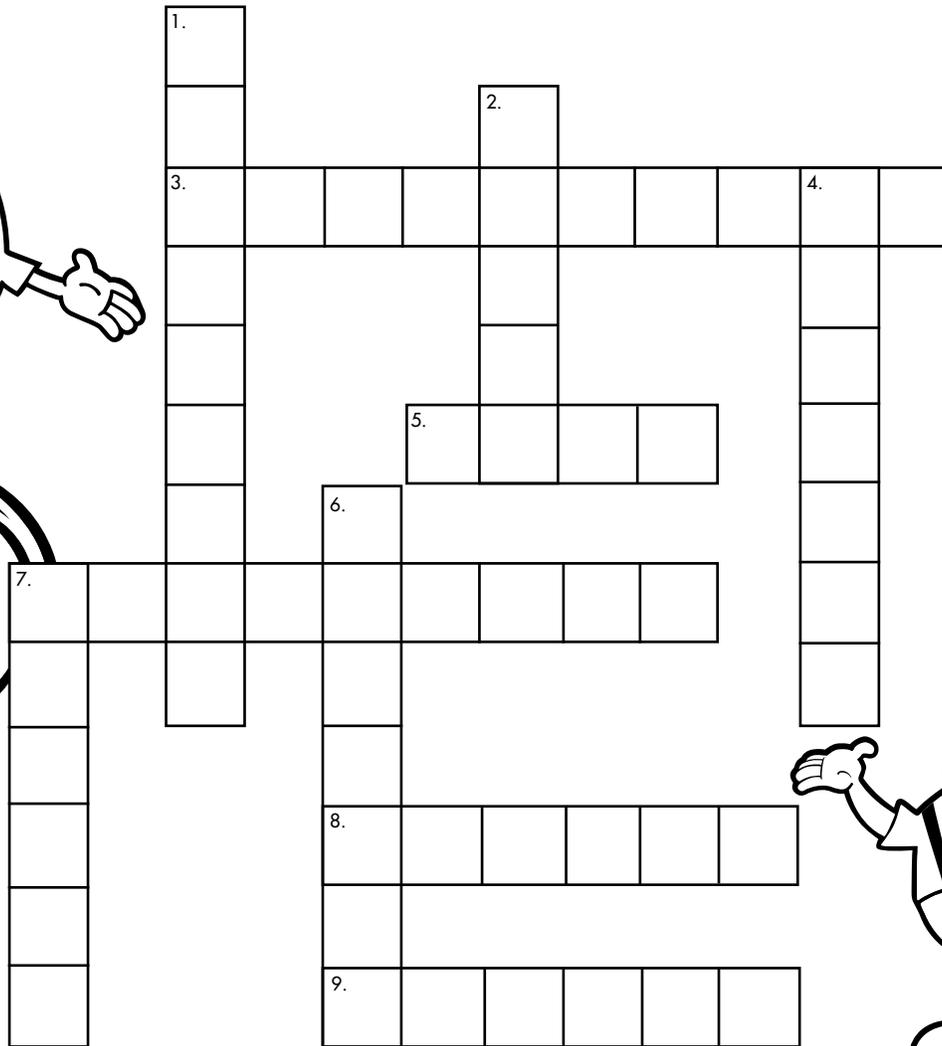
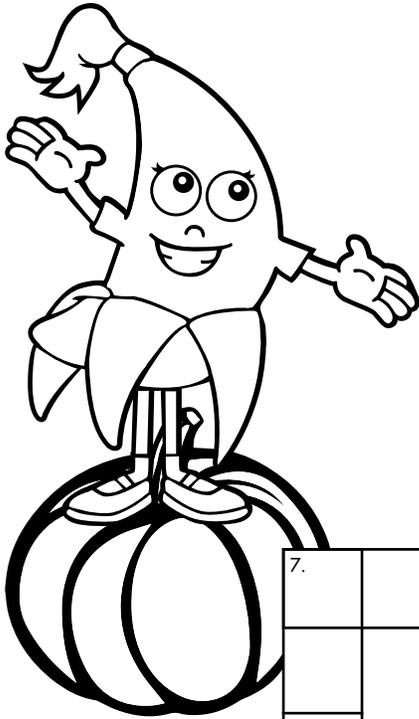
Can you help him?



Start Here

Finish Here

Crossword Fun



Across

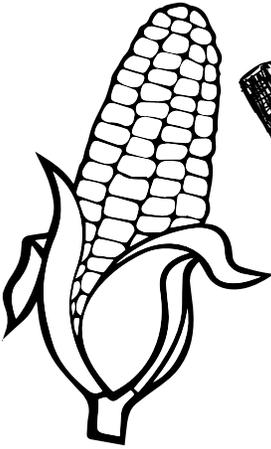
3. a popular sweet, orange melon
5. a yellow vegetable that grows on ears
7. a sweet, juicy, yellow tropical fruit that has a crown
8. a vitamin C-rich orange citrus fruit that grows on trees
9. butternut or spaghetti _____

Down

1. this fruit is the orange "fuzzless" cousin of the peach
2. a sweet, orange, tropical fruit with a single large seed inside
4. an orange vegetable often used to make pies
6. orange root vegetables that rabbits love to eat
7. a yellow tropical fruit that is high in vitamin C, fiber, and folate

Hint The answers to this crossword puzzle are all orange and yellow fruit and vegetables

Did you know . . . Orange and yellow fruit and vegetables are packed with vitamin A, which helps keep your eyes healthy



Yaz O' Frazz's Corny Jokes

HA! HA!

What kind of fruit can fix your sink?

A PLUM-ber!

What does the rooster say to wake up the corn?

Cob-a-doodle-do!

HA!



What does corn call their silly friends?

Corn flakes!

What does corn get when you leave it in the barn too long?

COB webs!

What did the little corncob call his dad?

Pop Corn!

What do you call corn that joins the army?

Kernel!

Which vegetable has the best hearing in the field?

An ear of corn!

HA!

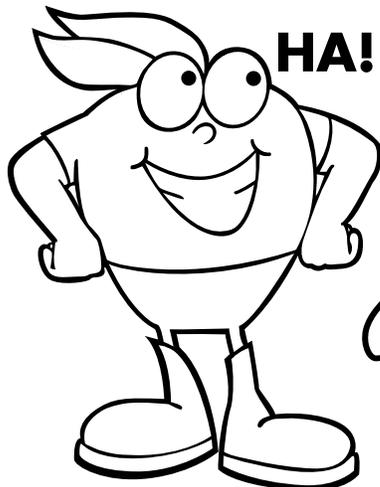
HA!

HA!

HA!

What kind of flower should never be put in a vase?

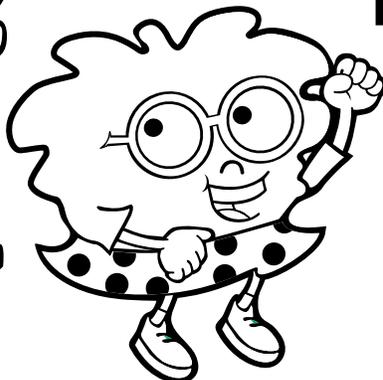
Cauliflower!



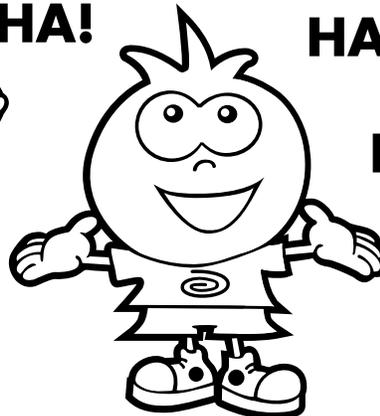
HA!

HA!

HA! HA!

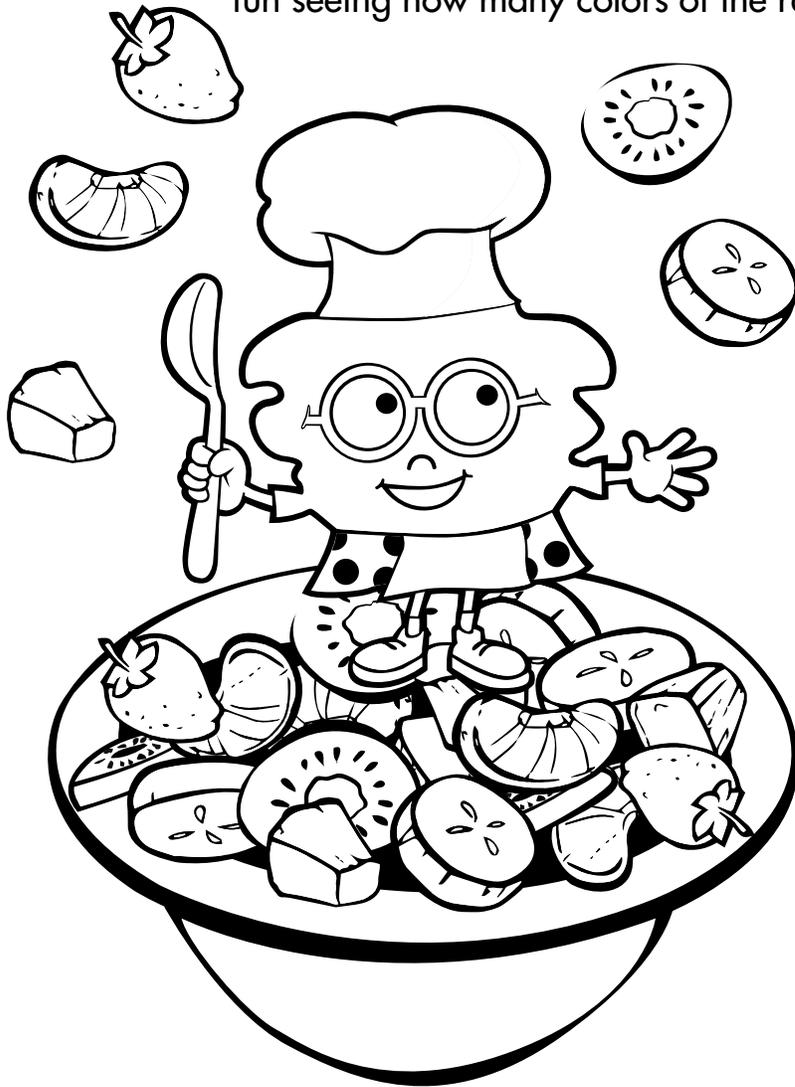


HA!



Greta's Pineapple Lime Fruit Toss

This is a really great fruit salad to serve any time of the day or year. Have fun seeing how many colors of the rainbow you can add to this salad.



You Will Need:

Can opener	Measuring cups and spoons
Cutting board	Large serving bowl
Knife	Small mixing bowl
Grater	

Ingredients:

- 1 20 oz. can pineapple chunks
- 1 11 oz. can mandarin oranges, drained
- 1 large banana, sliced
- 1 kiwifruit, peeled, halved, and sliced
- 1 cup strawberries, quartered
- ¼ teaspoon grated lime peel (optional)
- 2 tablespoons fresh lime juice
- 1 tablespoon honey

Instructions:

1. Drain canned pineapple; reserve ¼ cup juice.
2. In a large serving bowl, combine pineapple chunks, mandarin oranges, banana, kiwifruit, and strawberries.
3. In a small mixing bowl, stir together reserved pineapple juice, lime peel, lime juice, and honey. Pour over salad; toss to coat.

Nutrition Information per Serving (makes 8 servings)

Each serving provides 1 cup of fruit.

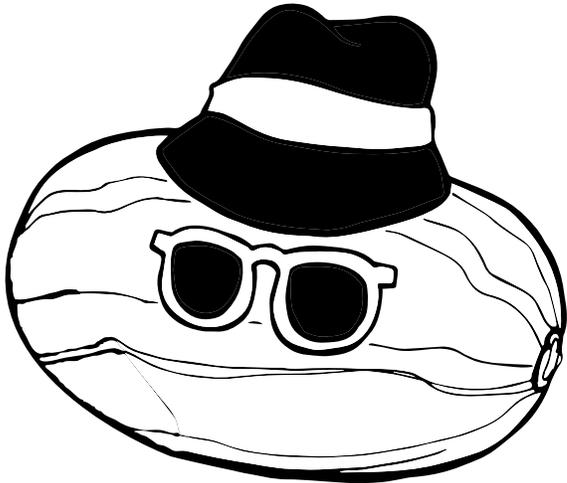
Calories 94
Total Fat 0 grams
Saturated Fat ... 0 grams
Cholesterol 0 milligrams

Sodium 10 milligrams
Potassium 116 milligrams
Total Carbohydrate..... 23 grams
Dietary Fiber..... 2 grams
Protein 0 gram

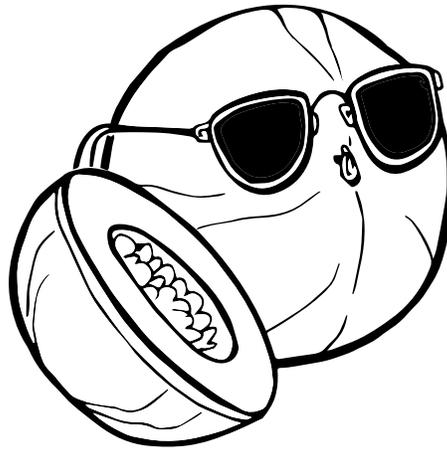
Vitamin A 22 International Units
Vitamin C 22 milligrams
Calcium 7 grams
Iron 0.2 grams
Folate 10 micrograms

Melon Mysteries

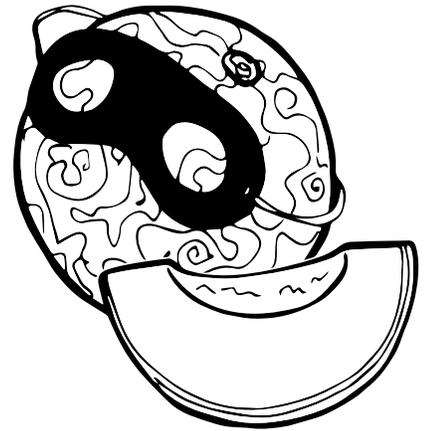
Use the clues below each picture to match each melon to its name.



"I'm red inside and sometimes I have lots of flat black seeds. My vitamins A & C are very good for you, and rain 'WATER' is very good for me."



"I'm very sweet and green all over. I'm full of vitamin C. People really 'DO' love me!"



"Inside, I'm orange. Outside I have rough skin. Vitamins A & C are in me! You CAN'T beat my flavor!"

HONEYDEW

CANTALOUPE

WATERMELON

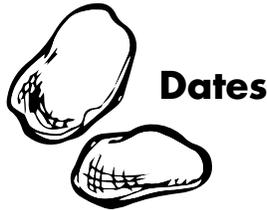
Did you know . . .

Melons are in the same family as squashes, pumpkins, and cucumbers.

Matching Game



Help Winonna match the pictures with their descriptions.

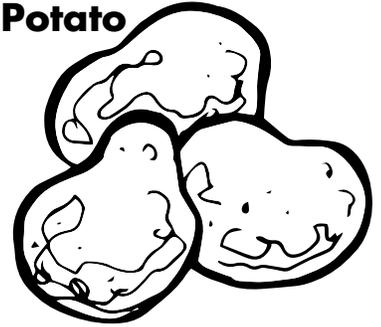


Dates

This sweet white fruit with a yellow peel is the most popular fruit in the United States.

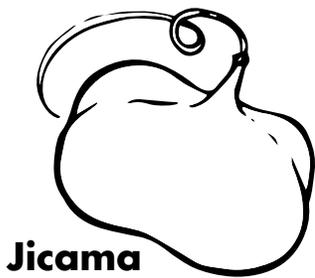
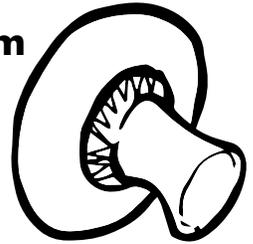
This white vegetable is related to broccoli, kale, cabbage, and Brussels sprouts.

Potato



This white fruit has an orange cousin. Both varieties grow on trees.

Mushroom

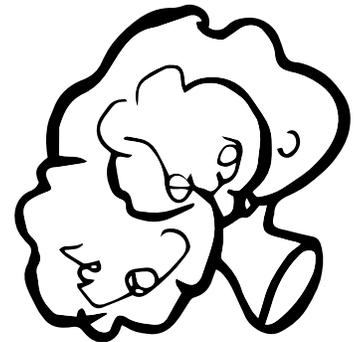


Jicama

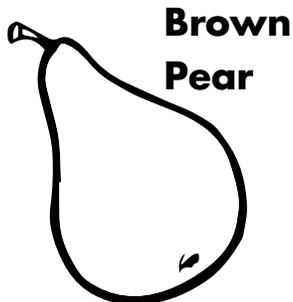
This white root vegetable is great, baked or mashed.

This white fruit has a very thin brown peel and crunchy, sweet white flesh.

This crunchy white vegetable can be eaten raw or cooked. It is sometimes called the "Mexican potato."



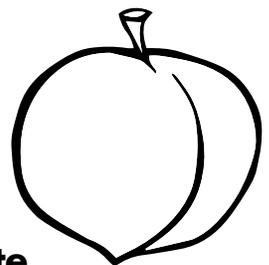
Cauliflower



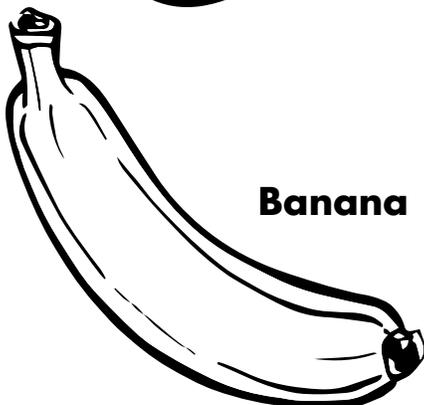
Brown Pear

These small brown fruit have smooth, edible skin and are very sweet. Each fruit has a single pit.

There are many varieties of this white vegetable including button, shitake, and portobello.

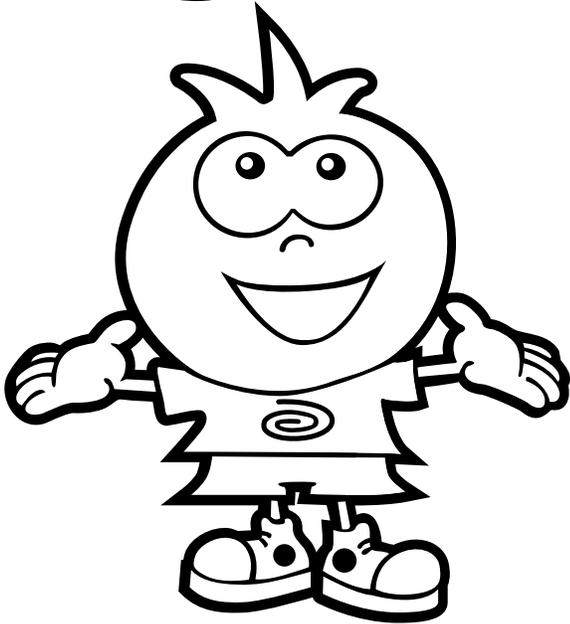


White Peach



Banana

Big Pauly Pens a Poem



My name is Big Pauly
and I'm very proud to be
a terrific tasting snack called a blueberry.

A great source of antioxidants
and good old vitamin C,
blueberries make you strong and healthy
and give you lots of energy!

Eaten by the handful, or baked in a pie
blueberries are very nutritious.
They're fun, plump, easy to eat,
and always very delicious.

Blueberries are good for your eyes,
heart, brain, belly, and more.
Just rinse in water and pop in your mouth
for a taste you will adore.

So don't forget to add blueberries
to all your pancake batters
and be sure to eat more blueberries
because, remember, **More Matters!**

Now, you write a poem!

Choose a fruit or vegetable you like a lot, add in some facts,
stir in some rhymes, mix in fun, and see what happens.
