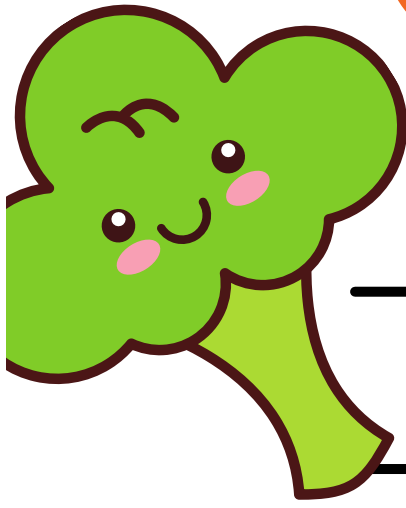


For each color,
write in a fruit or
vegetable you had
this week!



NAME: _____ 's

TASTING CHART

RED

ORANGE

YELLOW

GREEN

BLUE OR PURPLE



GROWN-UPS:

Eating different colors can help the whole family's bodies and brains!
Red, blue, and purple fruits and veggies can boost your memory.
Green ones give you strong bones and teeth.
Orange and yellow ones keep your eyes sharp and help you fight off colds!