

# Blue & Purple

## Activity Sheet

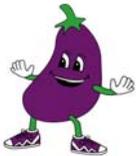
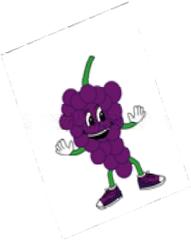
Hi there!



I am from the **BLUE** and **PURPLE** fruit and vegetable color group. I am full of many important nutrients you need to stay healthy! Try to eat at least one fruit or vegetable from my color group every day! This is easy to do because we all taste great! You'll see! Find the **BLUE** and **PURPLE** fruits and vegetables in the puzzle!



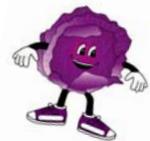
B S F R U I T S E A N N D V E  
 L G N E T A B G L E I S M A K  
 A E A A T A G S T Y S S N A C  
 C K T A E P X Q A H I F P T N  
 K M C N L B I B G R A P E S X  
 B W L A B O K Y I K R E R A F  
 E X N E L M W C X L G I A Q S  
 R T I V U B F R A A G M D S X  
 R K X Y E Y U W B L P L U M E  
 Y E H Y B I S B A Y B X N K T  
 D K G V E G A G G F Z M O O H  
 R S I N R C O S P K H M P V W  
 L B S M R E V I L O L Z T C L  
 X S Q X Y M H D X K D B Z S Q  
 N X D E S G P O L R Y V Z E Z



BLACKBEANS  
CABBAGE  
OLIVE

BLACKBERRY  
EGGPLANT  
PLUM

BLUEBERRY  
GRAPES  
RAISIN



## Blue and Purple Answer Key

B	S	F	R	U	I	T	S	E	A	N	N	D	V	E
L	G	N	E	T	A	B	G	L	E	I	S	M	A	K
A	E	A	A	T	A	G	S	T	Y	S	S	N	A	C
C	K	T	A	E	P	X	Q	A	H	I	F	P	T	N
K	M	C	N	L	B	I	B	G	R	A	P	E	S	X
B	W	L	A	B	O	K	Y	I	K	R	E	R	A	F
E	X	N	E	L	M	W	C	X	L	G	I	A	Q	S
R	T	I	V	U	B	F	R	A	A	G	M	D	S	X
R	K	X	Y	E	Y	U	W	B	L	P	L	U	M	E
Y	E	H	Y	B	I	S	B	A	Y	B	X	N	K	T
D	K	G	V	E	G	A	G	G	F	Z	M	O	O	H
R	S	I	N	R	C	O	S	P	K	H	M	P	V	W
L	B	S	M	R	E	V	I	L	O	L	Z	T	C	L
X	S	Q	X	Y	M	H	D	X	K	D	B	Z	S	Q
N	X	D	E	S	G	P	O	L	R	Y	V	Z	E	Z

BLACKBEANS  
CABBAGE  
OLIVE

BLACKBERRY  
EGGPLANT  
PLUM

BLUEBERRY  
GRAPES  
RAISIN

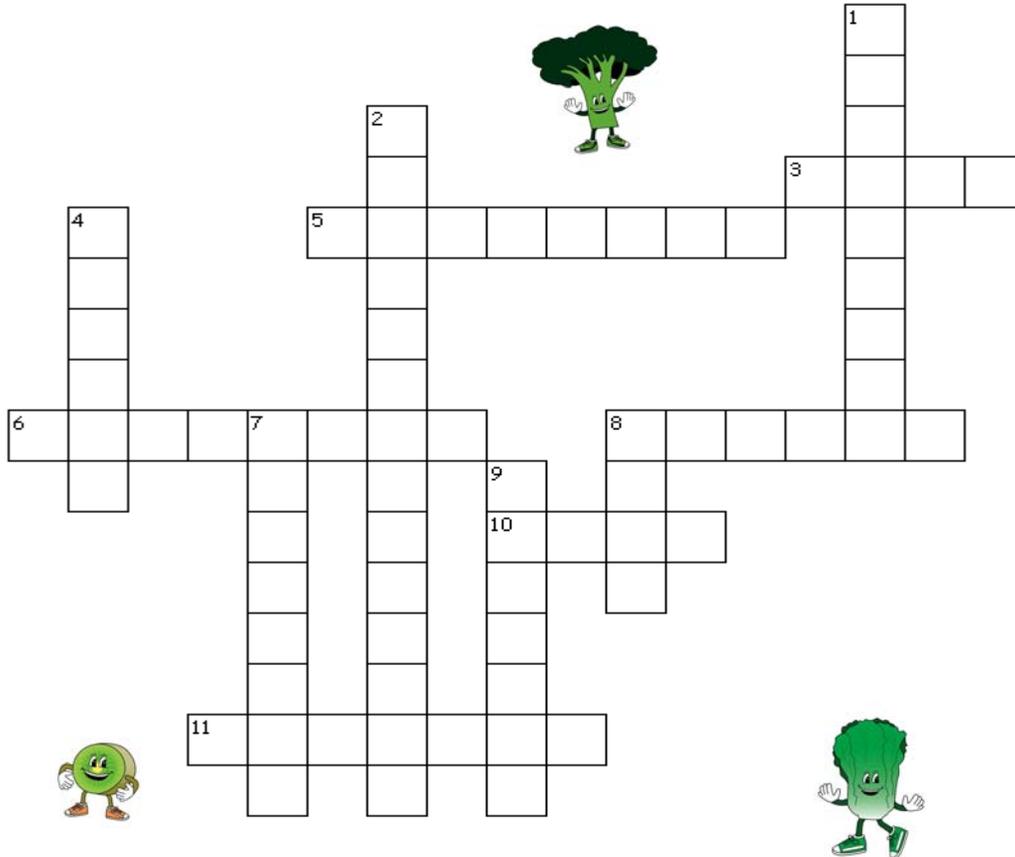
# Green

## Activity Sheet

Hello, I am  
Romaine  
Lettuce!



I am from the **GREEN** fruit and vegetable color group. There are a lot of **GREEN** fruits and vegetables that are tasty and can be enjoyed any time of the day! We call ourselves the **GREEN TEAM** because we are packed full of important vitamins, minerals, and fiber and we make a great team to keep you healthy! See if you can answer the clues below to figure out some of the members of the **GREEN TEAM**! Good Luck!



### Across

3. I am a fuzzy fruit grown in New Zealand
5. My name starts with the last letter of the alphabet
6. I am green and I have a cousin named cauliflower
8. Peter Piper picked a peck of these
10. I can have a green or yellow skin
11. I am good in a salad or on a sandwich

### Down

1. I am a green vegetable with a green heart
2. I look like a miniature cabbage
4. I am tasty with peanut butter and raisins
7. You can make me into a pickle
8. I grow in the garden in a pod
9. Popeye eats me to get strong

## Green Answer Key

### Across

3. I am a fuzzy fruit grown in New Zealand **KIWI**
5. My name starts with the last letter of the alphabet **ZUCCHINI**
6. I am green and I have a cousin named cauliflower **BROCCOLI**
8. Peter Piper picked a peck of these **PEPPER**
10. I can have a green or yellow skin **PEAR**
11. I am good in a salad or on a sandwich **LETTUCE**

### Down

1. I am a green vegetable with a green heart **ARTICHOKE**
2. I look like a miniature cabbage **BRUSSEL SPROUTS**
4. I am tasty with peanut butter and raisins **CELERY**
7. You can make me into a pickle **CUCUMBER**
8. I grow in the garden in a pod **PEAS**
9. Popeye eats me to get strong **SPINACH**

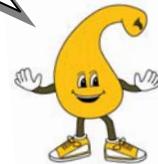
# Orange & Yellow

Activity Sheet



I am from the **ORANGE** and **YELLOW** fruit and vegetable color group and I provide you with lots of good stuff like vitamin C, which helps to keep you healthy so you won't get sick! I am having a bit of a problem, my friends are all scrambled up and I need help finding them! Can you help me to unscramble my **ORANGE** and **YELLOW** friends?

- 1. Ctpiora \_\_\_\_\_
- 2. tulepaanoc \_\_\_\_\_
- 3. mleno \_\_\_\_\_
- 4. ogmna \_\_\_\_\_
- 5. oanrge \_\_\_\_\_
- 6. hcpae \_\_\_\_\_
- 7. pplepnaie \_\_\_\_\_
- 8. COarrt \_\_\_\_\_
- 9. ppuinkm \_\_\_\_\_
- 10. ronc \_\_\_\_\_
- 11. ssaquh \_\_\_\_\_
- 12. atswoottepe \_\_\_\_\_



## **Orange and Yellow Answer Key**

1. apricot
2. cantaloupe
3. lemon
4. mango
5. orange
6. peach
7. pineapple
8. carrot
9. pumpkin
10. corn
11. squash
12. sweet potato

# RED

## Activity Sheet



I am from the **RED** fruit and vegetable color group and I am full of flavor and nutrients! Unfortunately, I have lost my friends in the puzzle below and need your help to find them. Can you help me find my **RED** fruit and vegetable friends?



C	N	D	G	E	B	C	A	E	I	U	M	S	R	O
I	H	O	Q	Q	F	E	W	E	F	P	E	R	A	Q
V	L	E	L	P	R	X	T	X	C	P	S	E	D	K
X	Z	R	R	E	W	O	R	J	A	T	S	P	I	B
E	D	S	X	R	M	I	F	R	R	T	P	P	S	S
U	W	R	T	A	Y	R	G	B	R	O	K	E	H	O
G	W	H	T	E	U	D	E	A	Z	O	Q	P	R	S
N	Q	O	G	P	E	F	W	T	U	M	C	D	K	M
S	E	I	R	R	E	B	P	S	A	R	S	E	L	J
V	K	R	C	L	E	Z	Q	C	A	W	F	R	O	V
N	M	L	G	R	H	U	B	A	R	B	H	Q	F	T
S	U	Q	R	Z	T	S	X	N	K	C	C	D	I	K
F	X	I	E	L	P	P	A	A	T	F	X	Z	C	O
B	E	J	T	P	E	N	A	S	G	G	F	I	C	W
S	V	G	F	X	Y	O	S	R	A	C	T	N	V	B



APPLE  
RADISH  
REDPEPPERS  
TOMATO

BEETS  
RASPBERRIES  
RHUBARB  
WATERMELON

CHERRY  
REDGRAPES  
STRAWBERRIES

## Red Answer Key

C N D G E B C A E I U M S R O  
I H O Q Q F E W E F P E R A Q  
V L E L P R X T X C P S E D K  
X Z R R E W O R J A T S P I B  
E D S X R M I F R R T P P S S  
U W R T A Y R G B R O K E H O  
G W H T E U D E A Z O Q P R S  
N Q O G P E F W T U M C D K M  
~~S E I R R E B P S A R S E L J~~  
V K R C L E Z Q C A W F R O V  
N M L G R H U B A R B H Q F T  
S U Q R Z T S X N K C C D I K  
F X Y E L P P A A T F X Z C O  
B E J T P E N A S G G F I C W  
S V G F X Y O S R A C T N V B

APPLE  
RADISH  
REDPEPPERS  
TOMATO

BEETS  
RASPBERRIES  
RHUBARB  
WATERMELON

CHERRY  
REDGRAPES  
STRAWBERRIES

# White

## Activity Sheet



I am from the **WHITE** fruit and vegetable color group and I have lots of tasty friends. Can you name some of your favorite **WHITE** fruits or vegetables?

I like to eat:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



I was building a puzzle to tell you an important message and I dropped all of my tiles onto the floor. Can you help me unscramble the tiles to reveal this important message?

T A B   A R   R   M   E G E   T E   D   V   F R U E   G  
A N   F O   I T S   O O D   L E S   W H I E


## White Answer Key

I was building a puzzle to tell you an important message and I dropped all of my tiles onto the floor. Can you help me unscramble the tiles to reveal this important message.

T	A	B	A	R	R	M	E	G	E	T	E	D	V	F	R	U	E	G
A	N	F	O	I	T	S	O	O	D	L	E	S	W	H	I	E		


White Fruits And Vegetables Are Good For Me

**W H I T E F R U I T S A N D V E G E T A B L E S A R E G O O D F O R M E**