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**  **BLACKBERRY**  **BLUEBERRY**

**CABBAGE**  **EGGPLANT**  **GRAPE**

**OLIVE**  **PLUM**  **RAISIN**

**n e b r a s k a**

Community Nutrition

C N P C Partnership Council

Funded by USDA Food and Nutrition Service and Nebraska Health and Human Services System 2007.

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Blue and Purple Answer Key

BLACKBEANS  BLACKBERRY  BLUEBERRY
CABBAGE     EGGPLANT    GRAPES
OLIVE       PLUM        RAISIN
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
Hi there!!!

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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 ________________

Let’s unscramble!

Activity Sheet
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
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
REDGRAPE
STRAWBERRIES
Red Answer Key

APPLE
RADISH
REDPEPPERS
TOMATO
BEETS
RASPBERRIES
RHUBARB
WATERMELON
CHERRY
REDGRAPES
STRAWBERRIES
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?

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?

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</table>

Please help me!
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.

White Fruits And Vegetables Are Good For Me

WHITE FRUITS AND VEGETABLES ARE GOOD FOR ME