Hi there! I am a banana! I am a great grab-n-go snack. Just peel my skin and eat!

I am a good source of fiber, vitamin C, and potassium. Did you know the average person eats 33 pounds of bananas a year? Wow! I must be the most popular fruit in America!
Hi there! I am a blueberry! You can toss me in your cereal or in a blender for a refreshing smoothie!

I am a good source of vitamin C and fiber. I am a great choice when choosing berries this summer! When you are thinking of a sweet and easy snack, think of me.
I am a powerhouse when it comes to nutrition! I am an excellent source of vitamin C and folate, and a good source of fiber and potassium!

Now, let's get ready to play tennis!
Hi there! I am a carrot!
I am long, orange, and very crunchy! I make a tasty snack!

I am an excellent source of vitamin A and a good source of vitamin C. I grow in the ground and rabbits love to dig me up. But, now that I have these great shoes, I can outrun those rabbits and stay healthy too!
Hello! I am cauliflower! Cut me into bite-sized chunks and eat me raw with your favorite dip or you can steam me and top me with your favorite cheese!

I am high in vitamin C and a good source of folate. I am available all year round, so try me soon in your next pasta dish!
Hi! I am an eggplant! I taste yummy when I am baked!

I provide your body with potassium and fiber. Did you know I am really a fruit, actually a berry? I am related to the tomato and potato family.
Hello! I am a fuzzy kiwifruit! Remove my fuzzy skin and enjoy my tasty green flesh inside.

I am a good source of fiber, potassium and vitamin C. Try me in a fruit salad or in a fruit smoothie.
Hi! I am a peach and peaches are tasty! Slice me up, throw away the pit, and enjoy! I am also very good in a smoothie or right out of the can!

I am round, fuzzy and an **orangy-yellow** color. I am a good source of vitamin C which is important to keep you healthy!
Hi there! I am a pineapple! You can eat me in chunks, slices, fresh, dried, or straight out of the can!

I am good for you! I am a good source of vitamin C and I make a great snack any time of day!
Hello! I am a red bell pepper! Just slice me up and toss me in your favorite pasta or chicken dish or try me raw with low-fat dip.

I am very good for you! I am full of vitamin C! When you eat me raw, I am very crunchy. I taste very sweet, not spicy! I am the sweetest of all the bell peppers.
Hi there! I am a strawberry! You can have me for breakfast, lunch, or even a dessert!

I am high in folate and vitamin C, and a good source of fiber. Don’t forget to toss me in your morning cereal!