Connect the Dots

Connect dots 1 through 12 to make the new Food Pyramid. *Careful: There are some dots you'll have to go back to more than once. Then color them in by section: The first triangle on the left is orange, the second is green, the third is red, the fourth is yellow, the second one to the right is blue and the last triangle on the far right is purple.

Orange = Grains
Make half your grains whole.
Tip: Just because bread is brown doesn't mean it's 100% whole wheat. Make sure it says 100% whole wheat on the package.

Green = Veggies
Vary your veggies.
Tip: Make your plate colorful! Go dark green with broccoli and spinach, or try orange veggies like carrots and sweet potatoes.

Red = Fruits
Focus on fruits.
Tip: Eat a variety of fruit and choose fresh, frozen, canned or dried.

Yellow = Oils
Know your fats.
Tip: Eat most of your fat and oils from fish, nuts and vegetable oils.

Blue = Milk
Get your calcium-rich foods.
Tip: Look at the carton or container to make sure your milk, yogurt or cheese is low fat or fat free.

Purple = Meat & Beans
Go lean on protein.
Tip: It's nutty, but true. Nuts, seeds, peas and beans are all great sources of protein too.
Watermelon Words Within Words

A watermelon is a big and heavy fruit and it's also a big word. It's so big that there are lots of words inside of it – 64 to be exact! How many words can you find? Mix and match any letters from "watermelon" to create the biggest list of words you can. Try to find words with three letters or more.
Fruit and Veggie Maze

Help Bobby find the treasure chest full of delicious fruits and veggies.
Fruit and Veggie Word Search

Can you find the following fruits and veggies? Words appear forwards, backwards, up, down and diagonally.

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APPLE
BANANA
CELERY
BROCCOLI
LETTUCE
GREEN PEPPER
TOMATO
CUCUMBER
ORANGE
CORN
CARROT
Can you find the fruit and veggies hidden within the picture?
(Apple, Orange, Grapes, Broccoli, Carrot, Lettuce, Strawberry, Tomato, Watermelon & Banana.)
What's Different? Find the thirteen differences between these two pictures.
Answers:
1) Leaf veins added in the top left corner
2) Broccoli behind the leaves on the left
3) Snake around the tree
4) One less leaf in the bottom plant
5) Rocks on the lower right
6) Different flower at the tree base
7) Butterfly on the tree
8) Added flower in the bush next to the tree
9) Stripe on Bobby's hat
10) Bobby holding an orange instead of an apple
11) Bobby holding a banana instead of an apple
12) Bobby holding a banana instead of an apple
13) Shoe lace on Bobby's right foot
Color by Number

1-Pink
2-Red
3-Blue
4-Brown
5-Skin Color
6-Grey
7-Yellow
8-Green
To: Who? From: You!

Make a postcard from you to a friend or family member. Draw your favorite fruit or vegetable and a write a message. When you're done coloring, tear it out and give it to someone you appreciate – it will make their day!
To: Who? From: You!

POSTCARD
POR AVION

eatwellbewell.org
Fruit and Veggie Scrambler

Unscramble the words to discover some of your favorite fruit and veggies. We'll give you a clue: We've listed their colors.

Red

edr plsepa ________________________________
atosemot ________________________________

Yellow/Orange

sannbaa ________________________________
nocr ________________________________
rsocotr ________________________________
asregno ________________________________

Purple

pagsre ________________________________

Green

orclocib ________________________________
mucbcrus ________________________________
uetelct ________________________________
regen elbl prpesep ________________________________

Fruit and Veggie Riddles

Who are these fruits and veggies?
Solve the riddles and find out.

1) I am a root vegetable. I grow under the ground. I am long and orange. You eat me raw or cooked. Who am I?

2) I am a vegetable. My name and first letter sound the same. Who am I?

3) I am called names like oak leaf, iceberg and butter-head. Who am I?

4) They say that one of me a day keeps the doctor away. Who am I?

5) Some people think I am a vegetable but I am really a fruit. Who am I?

6) I am green on the outside and red on the inside. You eat me in the summer time. Who am I?
Where's Bobby? It takes a good eye to find Bobby in this grocery store. Can you?
This material was funded by the USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-352-8401. This institution is an equal opportunity provider and employer.