

Check off each one you've tasted!

RED

- Tomatoes
- Red-skinned potatoes
- Raspberries
- Strawberries
- Apples
- Cherries

ORANGE

- Carrots
- Peaches
- Pumpkins
- Yams

YELLOW

- Corn
- Summer squash
- Yellow peppers

GREEN

- Broccoli
- Lettuce
- Pears
- Peas
- Green peppers
- Cucumbers
- Green beans
- Kale

BLUE / PURPLE

- Blueberries
- Eggplant
- Grapes
- Beets

TAN / WHITE

- Mushrooms
- Garlic
- Butternut squash
- Potatoes
- Onions

EAT A RAINBOW!

When you go to a farmers market, buy and eat as many colorful fruits and veggies as you can. Each color provides different vitamins and nutrients that help your eyes, hair, skin, and body grow strong! **How many colors have you tried?** Look at this list of fruits and veggies.