

Name _____

FOOD AS COLORFUL FUEL



LETTUCE
GROW

LET'S DISCUSS

1. What colors of fruits and vegetables do we eat?
2. Why should we eat a variety of colors of fruits and vegetables?
3. How do you feel when you eat sugar such as a candy bar?
4. How do you feel when you eat something healthy like an apple or some cucumber sticks?

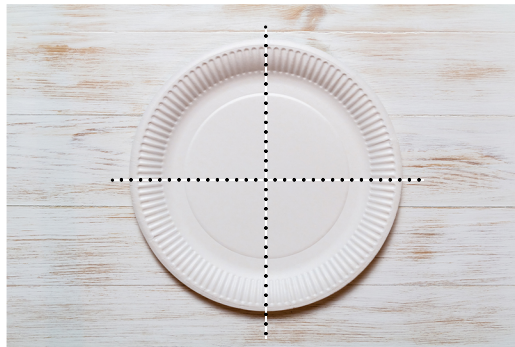
Did you know that each different color of fruits and vegetables you eat provide different benefits? Those benefits actually decrease by 30% only three days after they are harvested. If you pick fruits and vegetables immediately, like from your Farmstand, all of the nutrients in the plant are available to you!

ACTIVITY

1. Take a paper plate and fold it in half. Then, fold it in half again.
2. Write one of the following colors in each section using both sides of the plate.

**We encourage students to use a blue crayon to write the word blue, an orange crayon to write the word orange, etc.*

- ☐ Blue
- ☐ Purple
- ☐ Green
- ☐ Yellow
- ☐ Orange
- ☐ Red
- ☐ White
- ☐ Tan/Brown



3. Try to come up with as many examples of each color fruit or vegetable that you can. Write or draw them in each quarter of your divided plate.
4. Sample fruits and vegetables for each color, Share out each plate with the group, and see how many examples of each color you can come up with!

FURTHER DISCUSS

1. Why is it important to eat a variety of different colored fruits and vegetables?
2. How many different colors of fruits and vegetables can you find growing on your Farmstand?



Red food gives you a strong heart



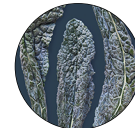
Orange food helps you see in the dark



Yellow food helps your body heal cuts



Green food helps you fight off sickness



Blue & purple foods give you a strong brain



White foods give you energy