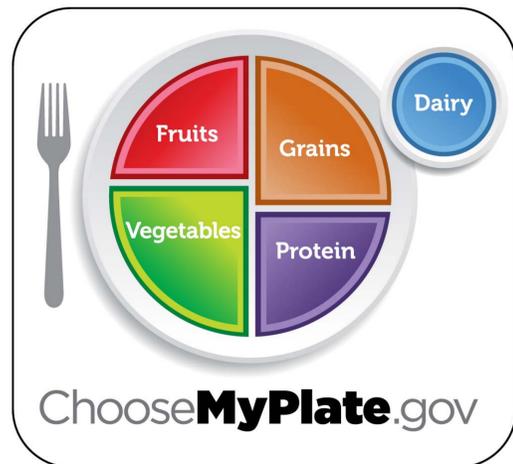


Eat smart to play hard. Eat fruits and veggies at meals and snacks.

Red is for Fruits



Take the challenge:
Try to eat many different colors of fruit each day to be as healthy as you can be!



Bananas



Peach



Blueberries

Cafeteria Connections

Look in this pocket to find fun activities!

Smart Cafeteria Foods - Fruits

Look in this pocket to find smart cafeteria foods with fruits!

Guess this Fruit!

See if you can guess the fruit from the picture and riddle below. Lift the flaps to see if you are correct.



Fig



Pomegranate



Kiwano Melon