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!

![My Plate logo](image)

Look in this pocket to find fun activities!

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

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N.C. Department of Health and Human Services, Division of Public Health 04/12

This institution is an equal opportunity provider and employer.

A message from the Child Nutrition Program