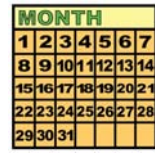
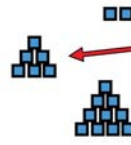




&



September is Fruits and Vegetables - More Matters Month



Scientists



have



learned



that



fruits

&



and vegetables



are



very

important for



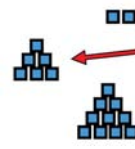
good



health.

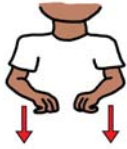
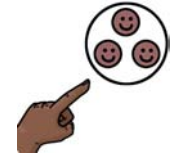


Eating



more

of them



can



give



you



the vitamins

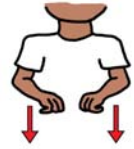
&



minerals



that



can



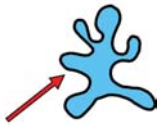
keep



you



healthy.



It is

$$\begin{array}{r} 2 \\ + 0 \\ \hline 2 \end{array}$$

easy to



eat



fruits

&



and vegetables even



when



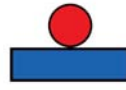
we

are



busy

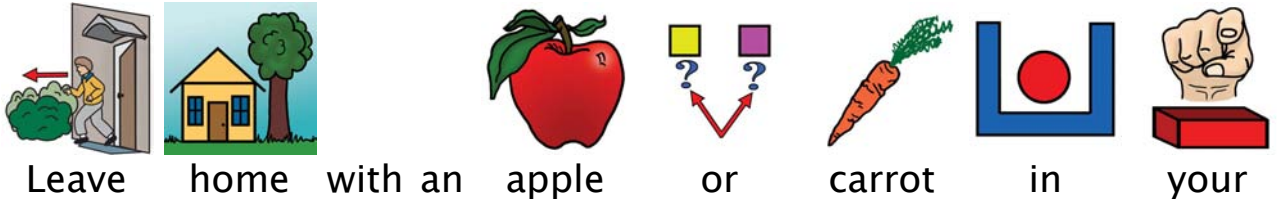
&



on



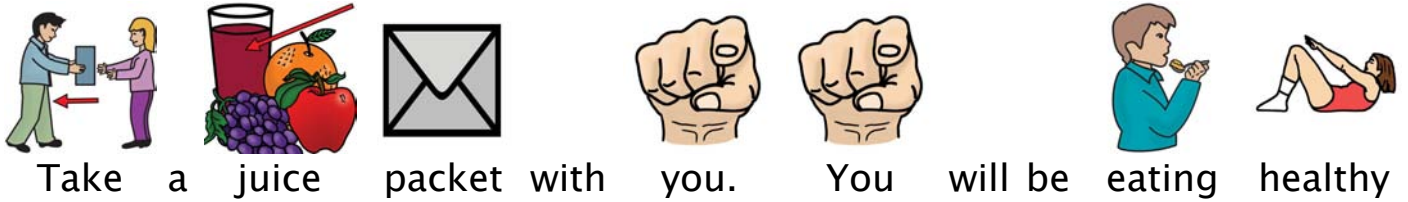
-the- go.



Leave home with an apple or carrot in your



pocket. Put raisins and dried cranberries in a baggie.



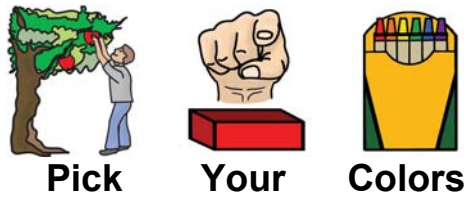
Take a juice packet with you. You will be eating healthy



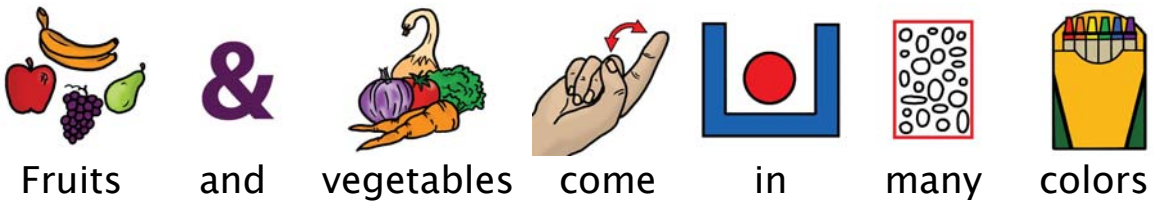
fruits and vegetables while you are getting energy to keep



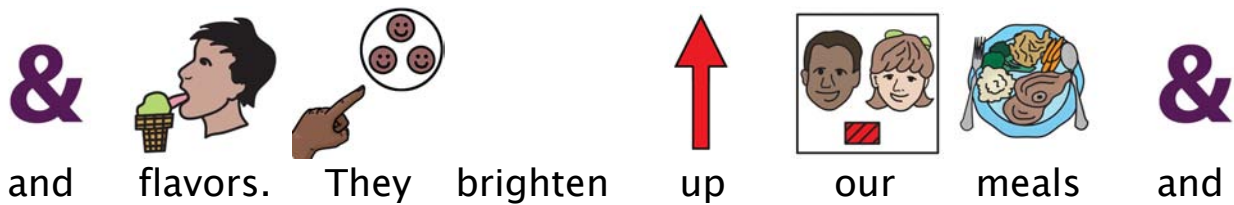
you going strong!



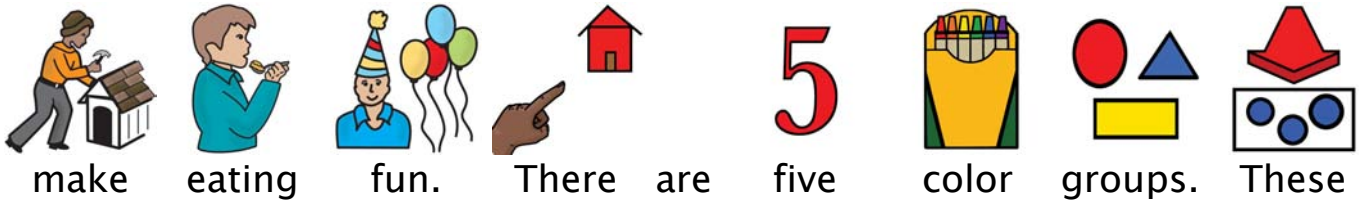
Pick Your Colors



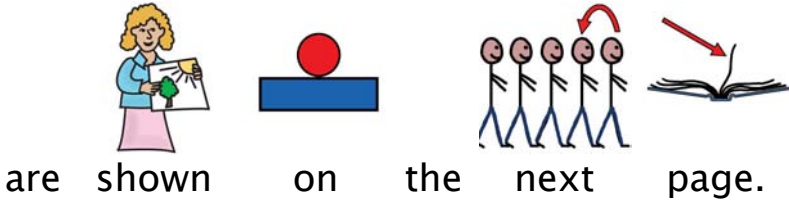
Fruits and vegetables come in many colors



and flavors. They brighten up our meals and



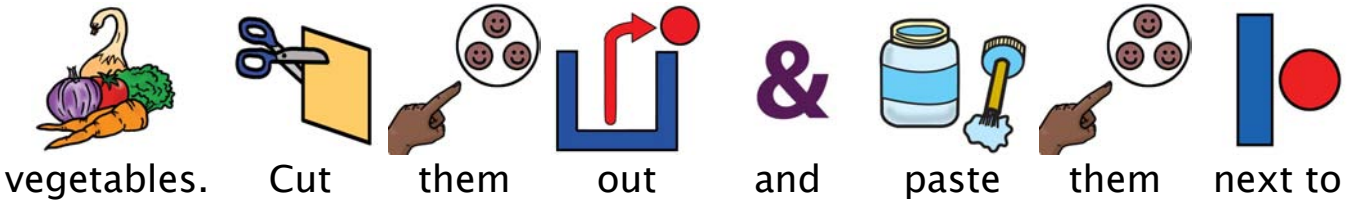
make eating fun. There are five color groups. These



are shown on the next page.



On the last page are many fruits and



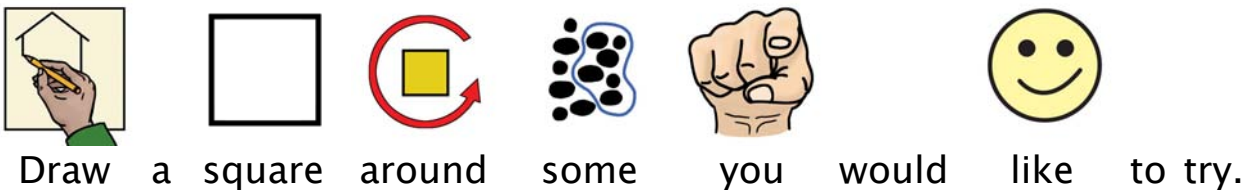
vegetables. Cut them out and paste them next to



their color group.



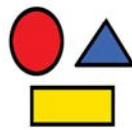
Draw a circle around the ones you like to eat.



Draw a square around some you would like to try.



Color



Groups



White

Brown



Yellow
Orange



Blue
Purple



Green



Red



Fruits



and



Vegetables

