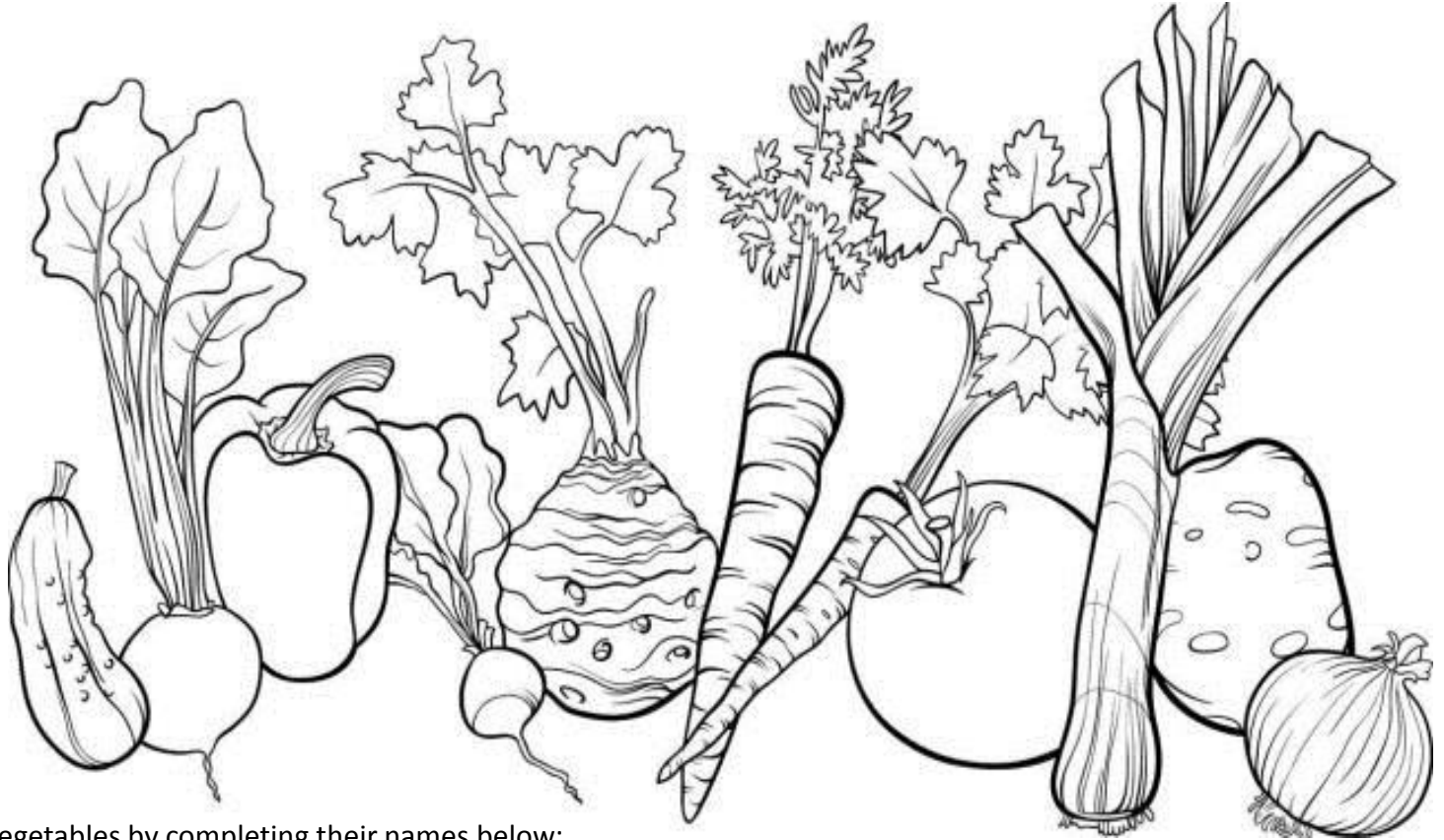


# Coloring to Boost Veggies and Fruit

Eat more vegetables and fruits each day



Help this boy to find the vegetables by completing their names below:

T\_m\_to    B\_e\_roo\_    Z\_c\_hin\_i    P\_p\_er    \_ar\_ots    On\_on    K\_hl\_abi    Le\_ks

Tomato, Beetroot, Pepper, Zucchini, Carrots, Kohlrabi(Turnip green), Onion, Leeks

Find out more at [www.healthykidstoronto.com](http://www.healthykidstoronto.com)  
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# What is my name? Am I a fruit or a vegetable?

1. I'm yellow on the outside. The letter A is in my name three times. My potassium can help your muscles work better.

Fruit  Vegetable Name: \_\_\_\_\_

2. I'm a yellow-orange with strings on the inside. When I'm cooked, you can scrape out my insides and eat me like spaghetti.

Fruit  Vegetable Name: \_\_\_\_\_

3. When there is one of me, my name makes it sound like there are two. I grow on a tree. Eating me is a good way to get vitamin C and fiber.

Fruit  Vegetable Name: \_\_\_\_\_

4. I'm good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple too!

Fruit  Vegetable Name: \_\_\_\_\_



Answers: Banana (F), Spaghetti Squash (F), Pear (F), Carrot (V)

Adapted from: <http://www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx>



It's easy to get involved! Children and families can join the Healthy Kids Community Challenge by pledging to:

- Be active and play at least one hour each day
- Drink water and avoid sugar-sweetened drinks
- Eat fruits and veggies at all meals and snacks
- Limit screen time to two hours a day

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