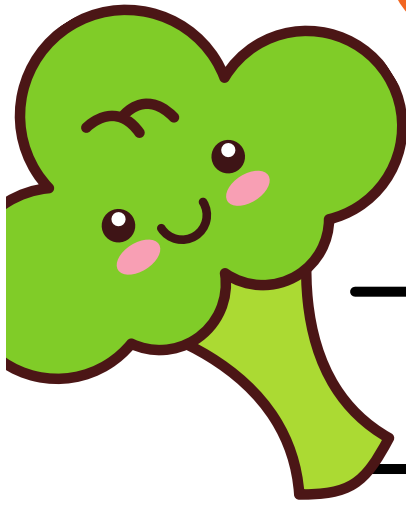


For each color,  
write in a fruit or  
vegetable you had  
this week!



NAME: \_\_\_\_\_ 's

# TASTING CHART

**RED**

\_\_\_\_\_

**ORANGE**

\_\_\_\_\_

**YELLOW**

\_\_\_\_\_

**GREEN**

\_\_\_\_\_

**BLUE OR PURPLE**

\_\_\_\_\_



**GROWN-UPS:**

Eating different colors can help the whole family's bodies and brains!  
Red, blue, and purple fruits and veggies can boost your memory.  
Green ones give you strong bones and teeth.  
Orange and yellow ones keep your eyes sharp and help you fight off colds!