Fruits and Vegetables

Eat a colorful variety of fruits and vegetables every day

Vary Your Veggies • Focus on Fruits
Apples grow in fields full of fruit trees called orchards. Try an apple for an afternoon snack!

We can be red, yellow, or green and are great sources of fiber.
Bananas grow in bunches on giant plants that look like palm trees. We grow in tropical areas.

Our skin is yellow, but our fruit is white. We are full of vitamins and fiber.
Blueberries

Most blueberries are grown on “U-Pick” farms. That means you pick them yourself!

Blueberries are blue/purple and grow on bushes. Pick me! I taste best right off the bush!

We are packed with good things that help protect your body and keep you healthy.

Blueberries have lots of vitamin C and fiber.

Eat us fresh or frozen!
Broccoli has its food on its head. But you can also eat its bright green stalks.

We have lots of vitamin A, vitamin C, and fiber!
Cabbage grows in “heads” and looks like lettuce. We have lots of vitamin C.

We can be purple or green and taste great both cooked and raw.
Carrots are roots that grow underground. Carrots are bright orange and have lots of vitamin A and fiber.

We can be cut into many fun-to-eat shapes and sizes.
Cucumbers, or “cukes,” are green and are members of the squash family. We can be made into pickles or eaten fresh.

Eat us skin and all for lots of fiber!
Our bright colors tell you we have lots of vitamins and minerals to help keep you healthy.

Grapes grow in clusters on vines. We can be pale green, red, purple, or black in color. Dried grapes are raisins.
Oranges

We have lots of vitamin C!

Juicy oranges are great for breakfast and snacks. Eat one today!
A peach has soft, fuzzy skin. You can peel it off or wash it and eat the whole peach. Try me sliced on cereal!

We have lots of vitamin A! We are usually yellowish, but we can also be orange or white.
Peas

Peas are green and grow in pods on small vines. We help your eyes, teeth, and bones stay healthy.

There are different kinds of peas called snow peas and sugar snap peas.
Snap Beans

We can be green or yellow. When we’re yellow, we’re called wax beans. No matter our color, we have vitamins and fiber to help keep you healthy.

We snap beans get our name from the sound we make when you break our skinny pods!
Strawberries are easy to grow.
Pick us when we are red!

We have lots of vitamin C and fiber!
Try fresh strawberries on your cereal or for dessert!
Sweet potatoes are orange and often called “yams.” We grow underground like carrots and have to be dug up!

We have lots of vitamin A and fiber!
Tomatoes can be red or yellow.

We can be large or small, round or plum shaped. But no matter our shape or color, we have lots of vitamin C, vitamin A, and fiber.

We can be cooked and made into sauces or eaten raw.
Watermelons

We have lots of vitamin C and vitamin A and make a tasty summer treat.

One watermelon vine can grow longer than 50 feet, and one watermelon can weigh as much as 100 pounds!

We are green outside but red or yellow inside. We come in different shapes and sizes, too.