

**Fruits and vegetables have beautiful colors.
Name as many fruits and vegetables you can think
of in each color below.**

Strawberry

Banana

Carrot

Grape

Brussel Sprouts

Blueberry

TIP:

Eat fruits and vegetables during their growing seasons.

Winter: *Oranges, grapefruit, sweet potatoes, squash*

Spring: *Bananas, strawberries, spinach, green beans*

Summer: *Berries, cantaloupe, corn, peppers, cucumbers*

Fall: *Pears, cranberries, broccoli, carrots, pumpkin*