



# A Color Adventure!

It's fun to find new favorite foods. Choose a new fruit or vegetable of each color to try. Then, hold a family taste test. Write how your family felt about the new food below.

**Draw a picture of the new fruit or vegetable in each box.**



## Red Fruit/Vegetable

How We Felt About the Food



## Orange Fruit/Vegetable

How We Felt About the Food



## Yellow Fruit/Vegetable

How We Felt About the Food



## Green Fruit/Vegetable

How We Felt About the Food



## Blue Fruit/Vegetable

How We Felt About the Food



## Purple Fruit/Vegetable

How We Felt About the Food



## You Did It!

Celebrate with a trip to the park or playground.

## Parents

Got colors? Try red beans, orange cantaloupe, yellow squash, green kale, blueberries, or purple cabbage. Check the school lunch menu for other ideas.

**Answers:** FRUITS: orange, banana, grapes, strawberries. VEGETABLES: tomatoes, broccoli, green beans, yellow squash. GRAINS: bread, pasta. DAIRY: yogurt, milk. PROTEIN FOODS: tuna fish, chicken leg, hamburger. To learn more about the food groups, visit [MyPlate.gov](http://MyPlate.gov).