

Summer Fruits and Veggies in Many Different Colors

Did you know that fruits and vegetables are good for you, but did you know that you should try to eat different colors of fruits and vegetables over the course of the week? Why do you think it's a good idea to eat a variety of fruits and vegetables?

Possible Answer: Different fruits and vegetables can have different vitamins and other nutrients. Eating a variety of fruits and vegetables helps the body get the nutrition needed to grow, play, and be healthy.

Question: Can you think of a fruit or vegetable for each color?

Say: Today we are going to play a fun game called Colorful Fruits and Veggies. When I say a color, I'll give you a few moments for everyone to think of a fruit or vegetable that is that color. You can have kids raise their hands and randomly select participants to guess the answers.

Play: Call out these colors: red, orange, yellow, green, blue, and purple.

Question: Can you name a fruit or veggie that is red?

Red	Orange	Yellow	Green	Blue	Purple
Cherries Raspberries	Apricots Peaches	Corn Yellow Squash Yellow Bell Peppers	Honey Dew Melons Lima Beans	Blueberries Blackberries	Plums Grapes
Strawberries Tomatoes	Cantaloupe Nectarines Orange Bell Peppers		Collard Greens Spinach		Eggplant Beets
Watermelon Red Bell Peppers	Carrots		Green Beans Peas		