



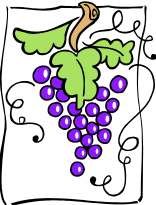

# EAT YOUR FRUITS AND VEGGIES!

## Self-Learning Activity



### ACTIVITY 1: Which fruits and vegetables do you eat?

→ Circle all the fruits and veggies you have eaten today and yesterday.

<i>Purple/Blue</i>	<i>Red</i>	<i>Dark Orange</i>	<i>Yellow-Orange</i>	<i>Green</i>	<i>White</i>
Purple grapes		Mango	Orange	Spinach	Bananas
Dark raisins		Sweet potatoes	Grapefruit	Green grapes	Onions
Plums	Tomatoes	Cantaloupe	Papaya	Kiwifruit	Garlic
Blueberries	Tomato sauce	Carrots	Nectarine	Green apples	
Purple cabbage	Tomato juice	Apricots	Peach	Romaine lettuce	
Dried plums	Watermelon	Butternut squash	Pears	Peas	Potatoes
Blackberries	Guavas		Corn	Broccoli	Mushrooms
	Cherries		Pineapple	Green cabbage	Cauliflower
	Strawberries			Green beans	Turnips
	Raspberries			Celery	
	Beets			Cucumbers	
	Red apples			Zucchini	
	Red onions			Swiss chard	

1. Did you eat any other fruits and veggies not listed here? Which ones?

\_\_\_\_\_

2. Which colors did you eat the most of? (circle)

Blue/Purple   Red   Dark orange   Yellow-orange   Green   White

3. Which colors did you eat the least of? (circle)

Blue/Purple   Red   Dark orange   Yellow-orange   Green   White

## Eat a variety of colors every day!

### Did you know...?

- The color of a fruit or vegetable gives a clue to its health benefits.
- Each color has different plant substances that seem to help the body fight disease and slow the signs of aging.
- Each fruit and vegetable has different vitamins and minerals.
- Fruits and vegetables are a good source of fiber.

## ACTIVITY 2: How can you fit in more fruits and veggies?

An easy way to eat enough of these foods is to include at least one fruit or vegetable in each meal or snack.

➔ Using the sample menu below, add either a fruit or vegetable to each meal and snack.

**Hint:** To get some fruit and vegetable ideas, look at the table in Activity 1.

### One Day Sample Menu

#### Breakfast

Cheerios  
Milk

\_\_\_\_\_  
(Add fruit or vegetable)

#### Morning Snack

Whole wheat crackers

\_\_\_\_\_  
(Add fruit or vegetable)

#### Lunch

Tuna salad sandwich  
String cheese

\_\_\_\_\_  
(Add fruit or vegetable)

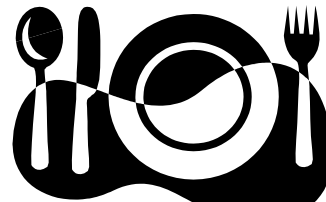
#### Afternoon snack

\_\_\_\_\_  
(Add fruit or vegetable)

#### Dinner

Baked chicken  
Steamed brown rice  
1% lowfat milk

\_\_\_\_\_  
(Add fruit or vegetable)



If you would like informational pamphlets or recipes to learn more about fruits and vegetables, please ask a WIC staff person.



To request this material in alternate formats, call 971-673-0040.

Adapted from the San Diego State University Foundation, June 2005

