

At the market Jack and Molly see fruits and vegetables in many colors of the rainbow.

Can you color the rainbow?

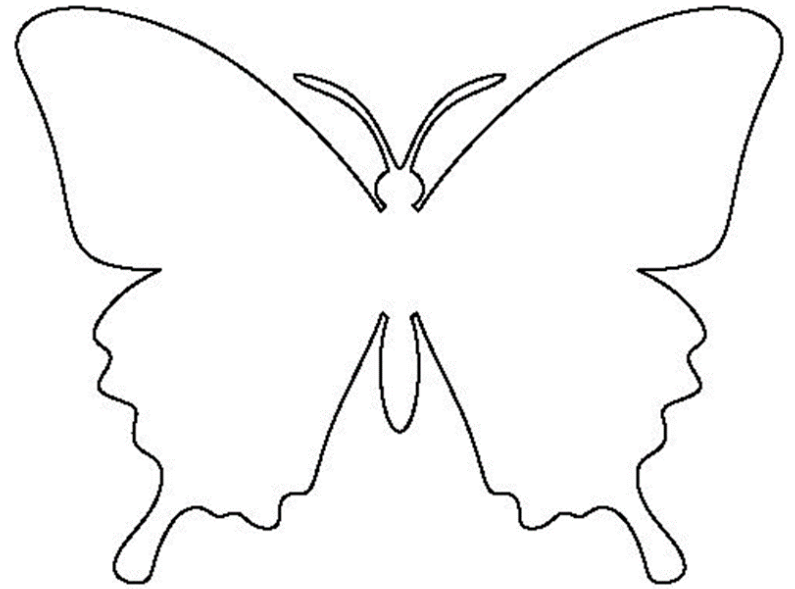
Eat a rainbow everyday to transform into a beautiful butterfly. Color the different foods in each rainbow stripe.

Inspired by foodandhealth.communications

Resources: Wikipedia.com Color pages printable.

[https://www.google.com/search?](https://www.google.com/search?q=printable+coloring+pages+fruits+and+vegetables&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiJ3e6PhoPZAhXF4IMKHSnIA4oQsAQIjg&biw=1631&bih=875)

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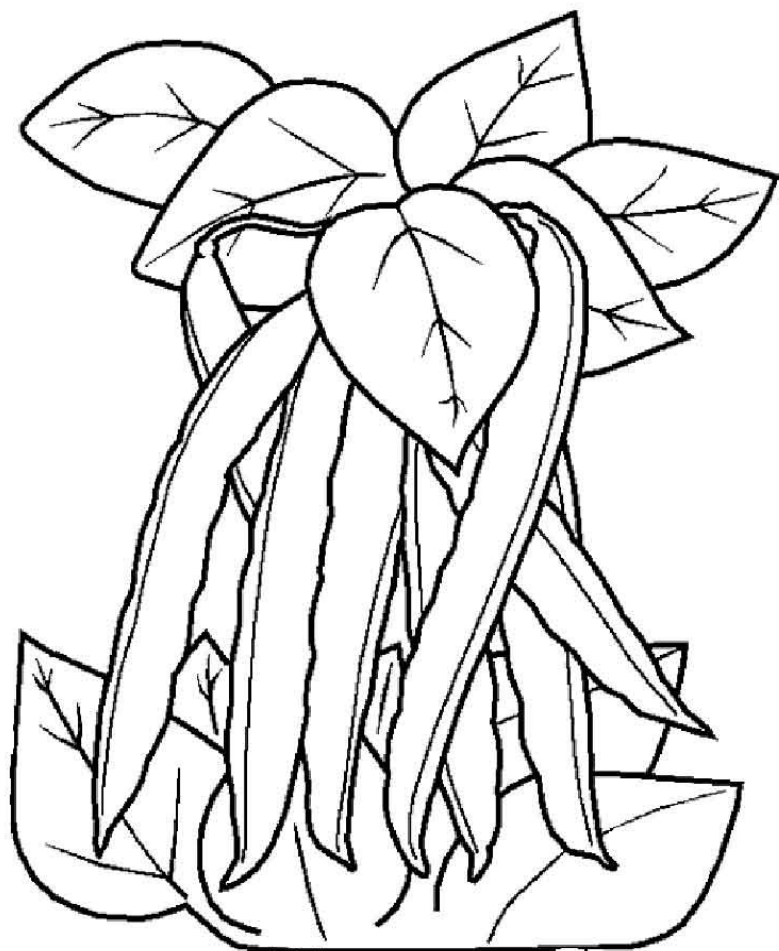
Change It Up!

Eat healthier food, be more active every day and you will feeltransformed!

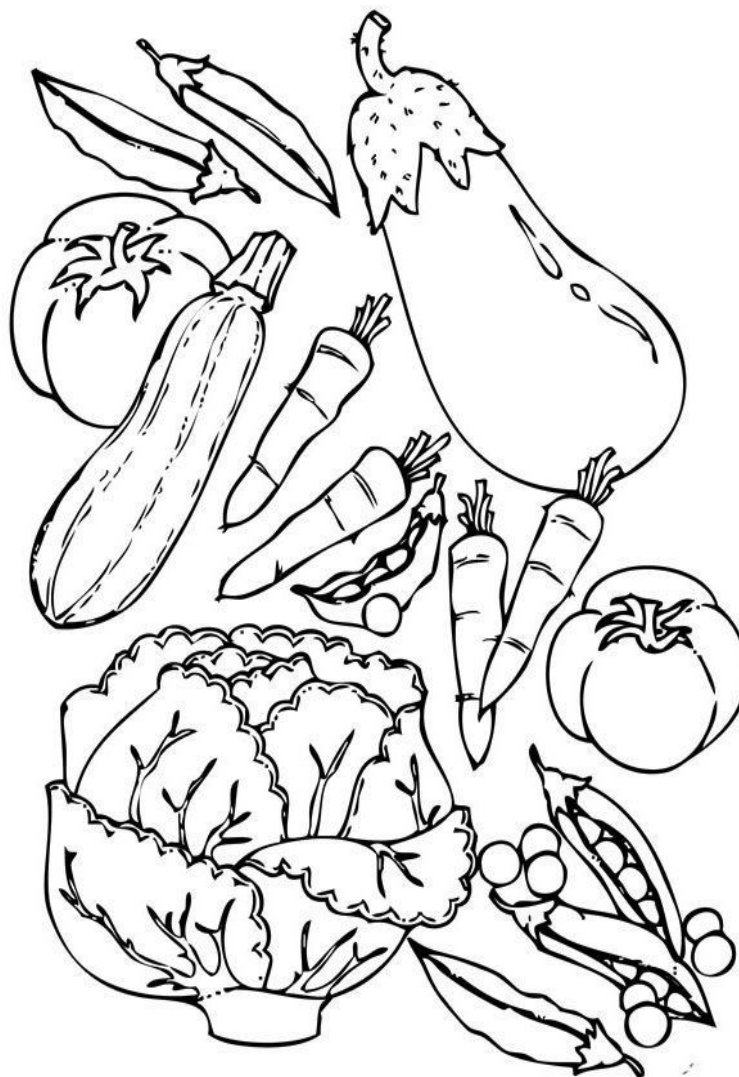
Without change there can be no butterflies !

Created by Quality Care Services, Inc.

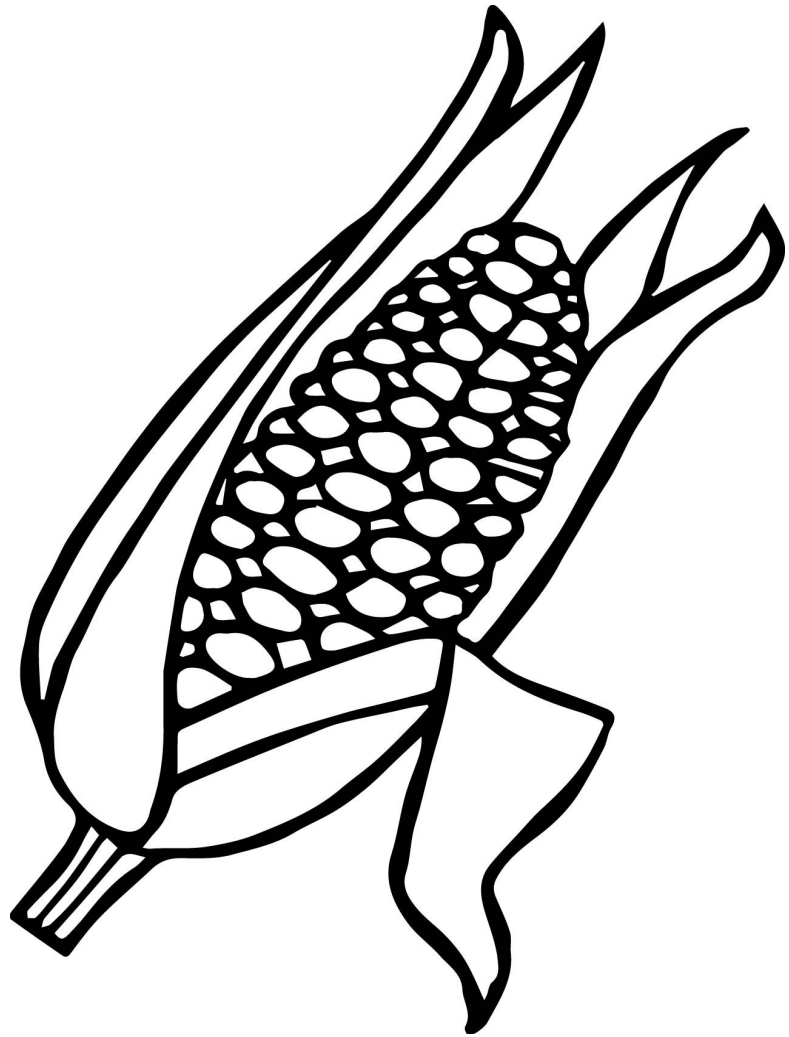
2018



String Beans: Beans can be different colors too. Some are green and some are yellow. Color the beans. Have you every helped pick green beans?



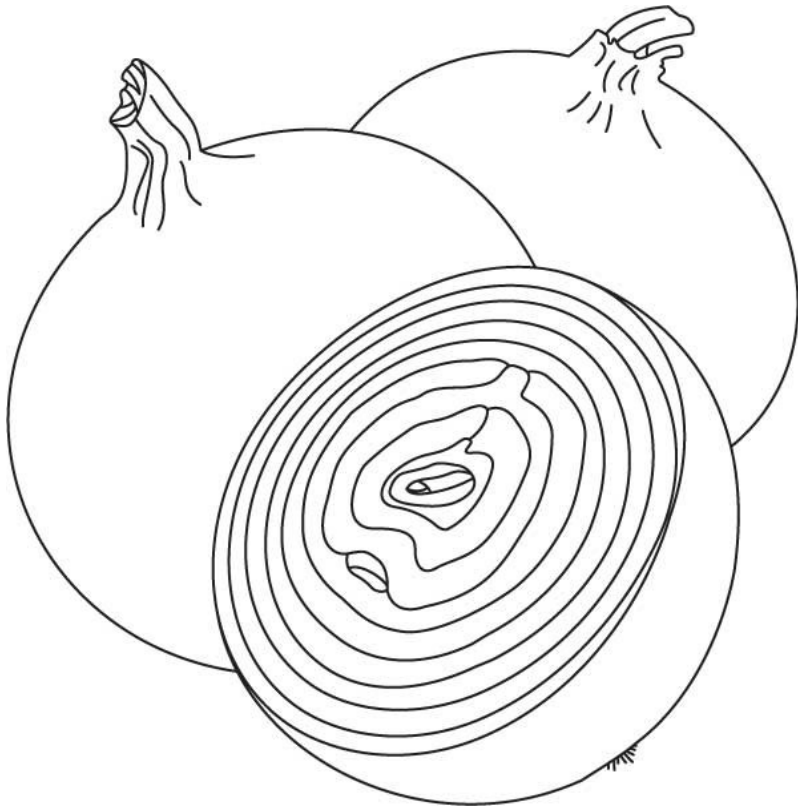
Find and color the: Eggplant (purple), Zucchini (green), Carrot (orange), Tomato (red), Pea Pods (green), Lettuce (green some are dark green). How many of these vegetables have you tried?



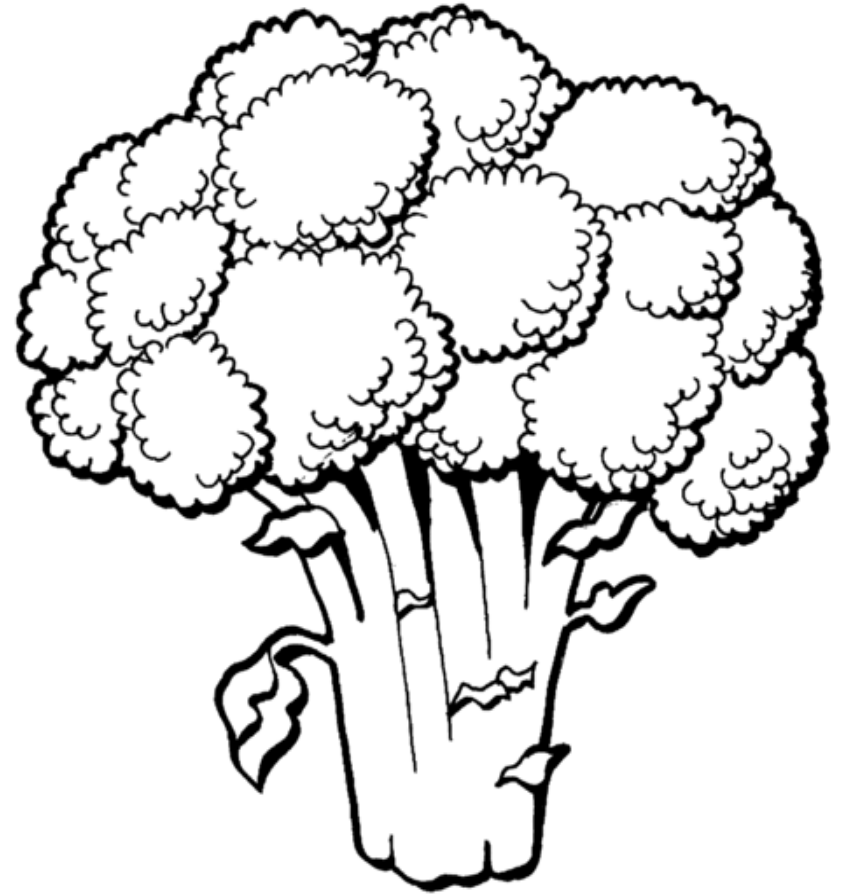
Corn is grown on a stalk it hides in a ear. You peel (shuck) back the green ears and the bright yellow corn is hiding inside. Have you ever shucked corn?



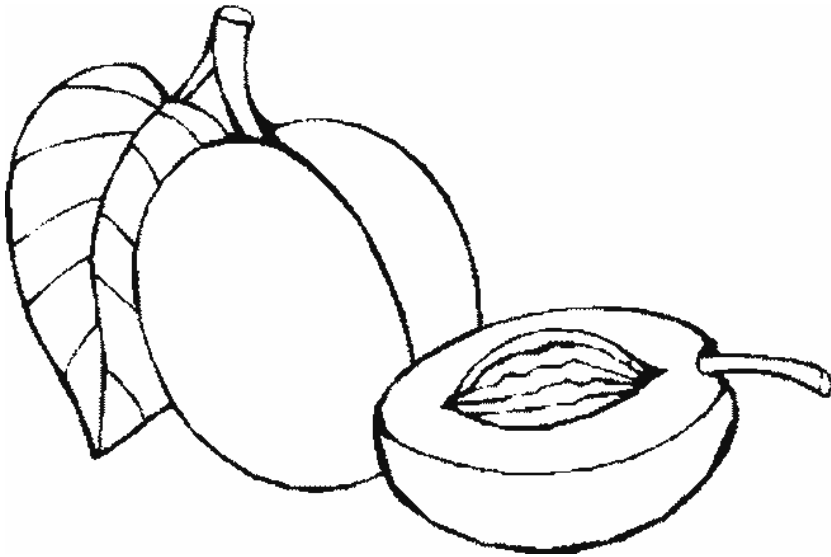
Carrots hide in the ground. The only thing we see is the green tops until we pull them out. Then the bright orange carrot appears. Can you color the carrot and draw more?



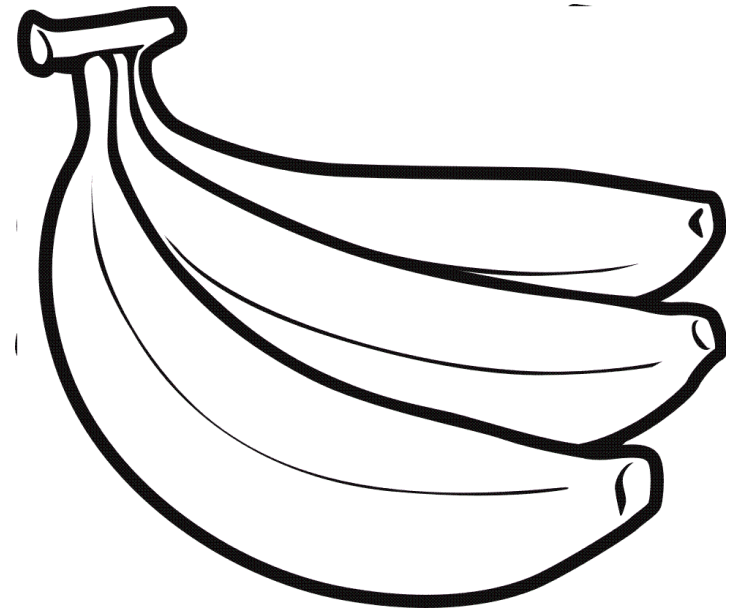
Onions come in different colors too! They have many layers in them. Some are white and yellow, while some are purple. Onions are used in cooking and sometimes eaten raw. Have you ever eaten onions raw? Can you color the onions and all the layers?



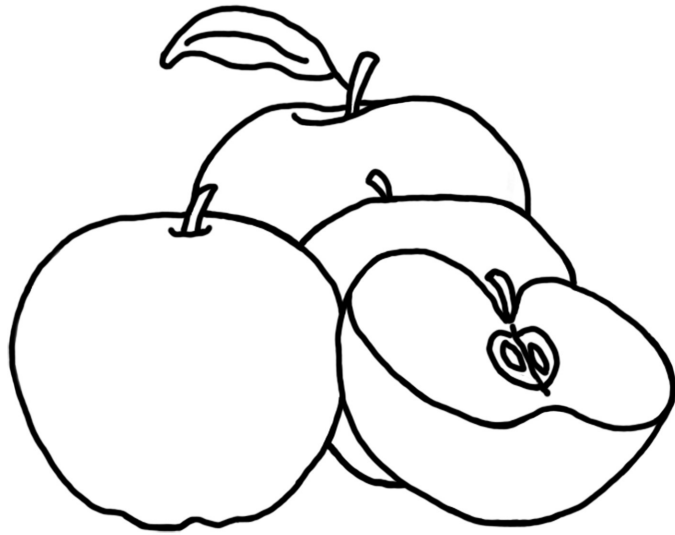
Broccoli: This is a great way to get several vitamins your body needs to grow strong. Broccoli is green and looks like little trees. Broccoli is used in salads as well as steamed. Do you like broccoli?



Apricots are like peaches but smaller. They have a little fuzz on the skin. They usually are orange some are a little lighter orange/yellow color. Each apricot has a pit or seed inside. You cannot eat this seed. What other fruits have a soft fuzzy feel?



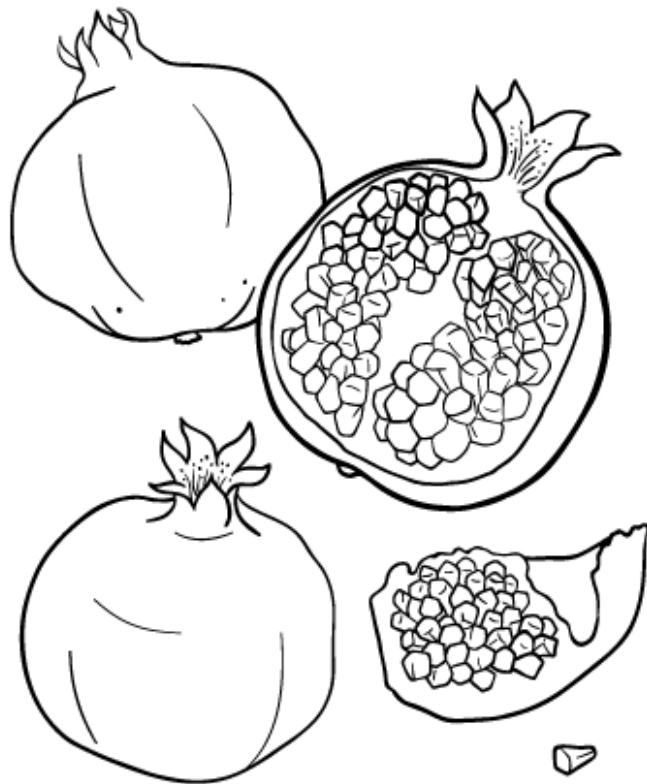
Bananas: Every little monkey loves bananas. Are you a little monkey? Bananas are a fruit that grows on a tree. What color are bananas? Can you draw some more bananas for your picture?



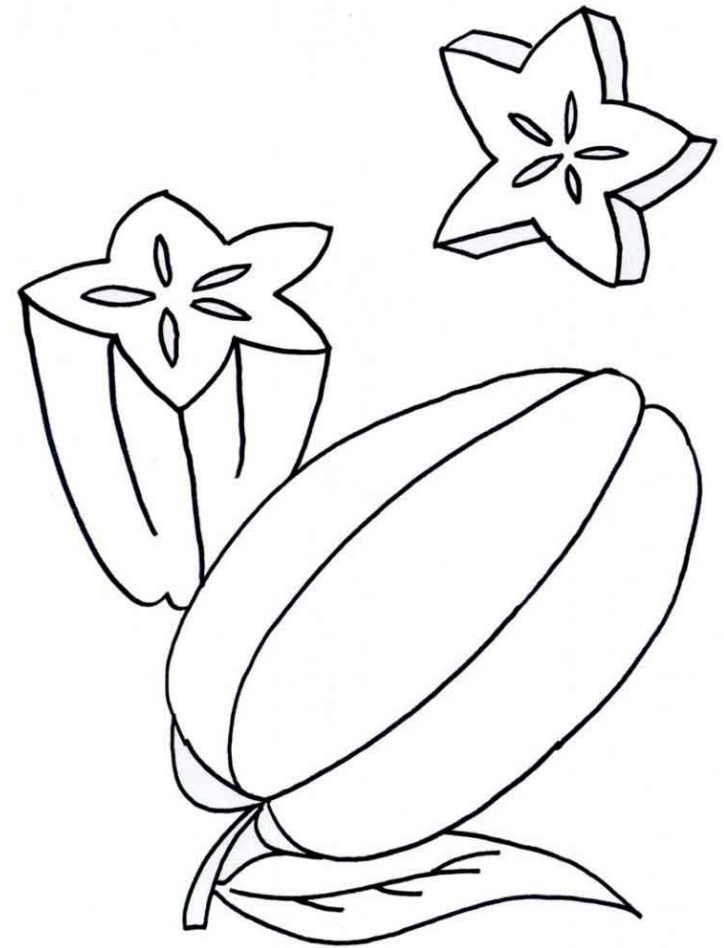
Apples: Apples come in different sizes and colors. We have apples available nearly all year long. Apples are used in many different ways. Can you color the apples three different colors? Can you name something else made from apples?



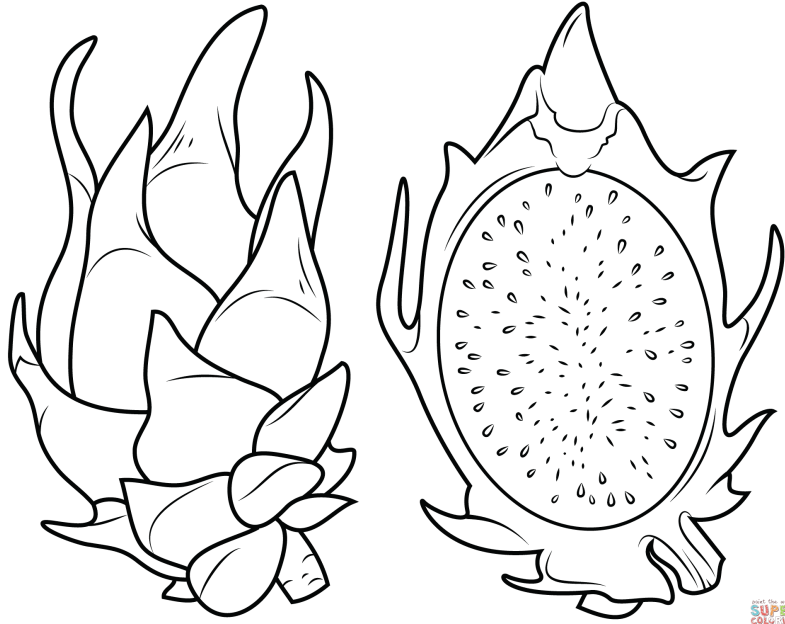
Other vegetables that we all like are pumpkins, celery, beets and yellow squash. Sometimes we have to wait until the fall before some of these vegetables are ready to eat. Do you know what color pumpkins are? Can you color and name all of the vegetables?



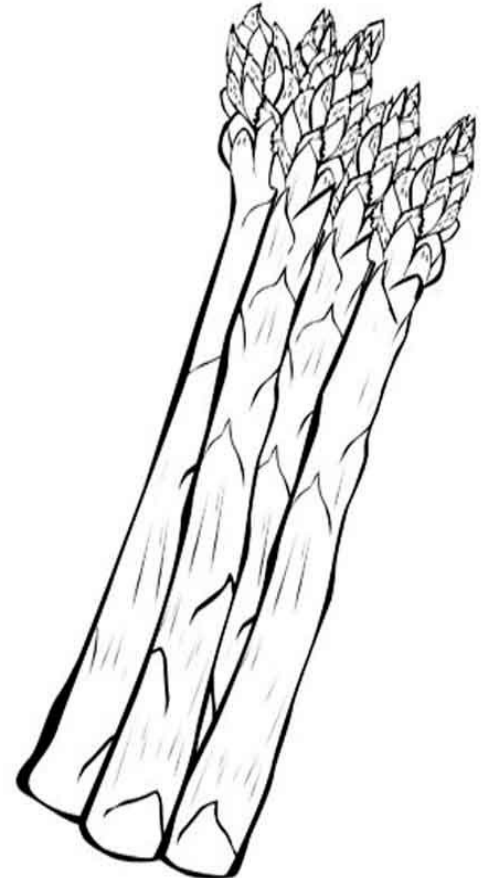
Pomegranatestrange looking fruit. It can be a little difficult to get to the seeds but well worth the work. Use them in salads or smoothies. The seeds have a small seed inside that you can totally eat. They have a red skin with red seeds. Have you ever ate a pomegranate?



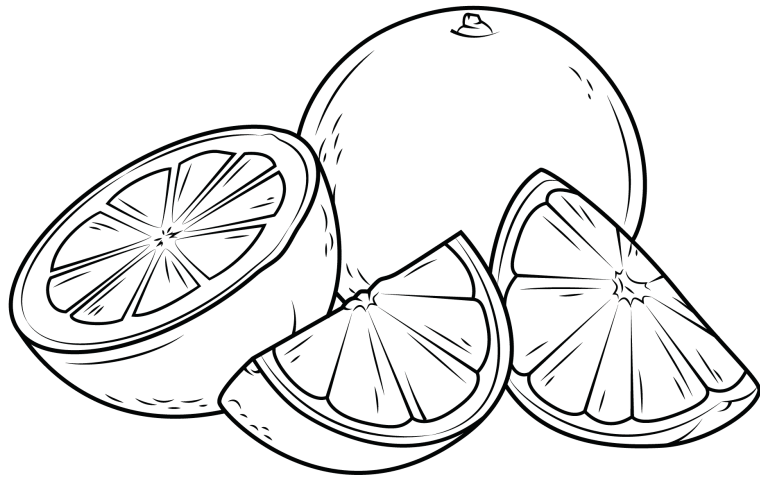
Star fruit....is yellow in color. When preparing this fruit wash it thoroughly and slice. Remove the seeds. It can be paired with banana, strawberry, kiwi, mango, pineapple, grapes and citrus fruits. Can you be a "star" and try the star fruit?



Dragon Fruit Sounds cool? It is. Dark pink outside and white inside with black seeds you can eat like a kiwi. It comes from a cactus in the Americas. Can you color this strange looking fruit? Have you ever tasted dragon fruit?

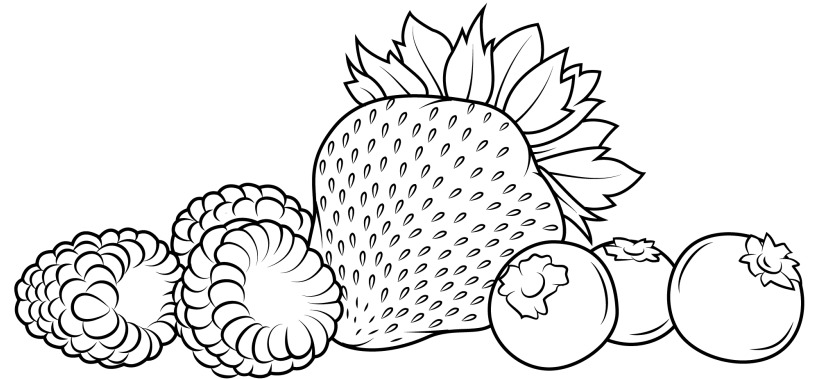


Asparagus is a vegetable that is long and green. It is very good when grilled just to tenderness. Have you ever tasted Asparagus? Can you color the asparagus?

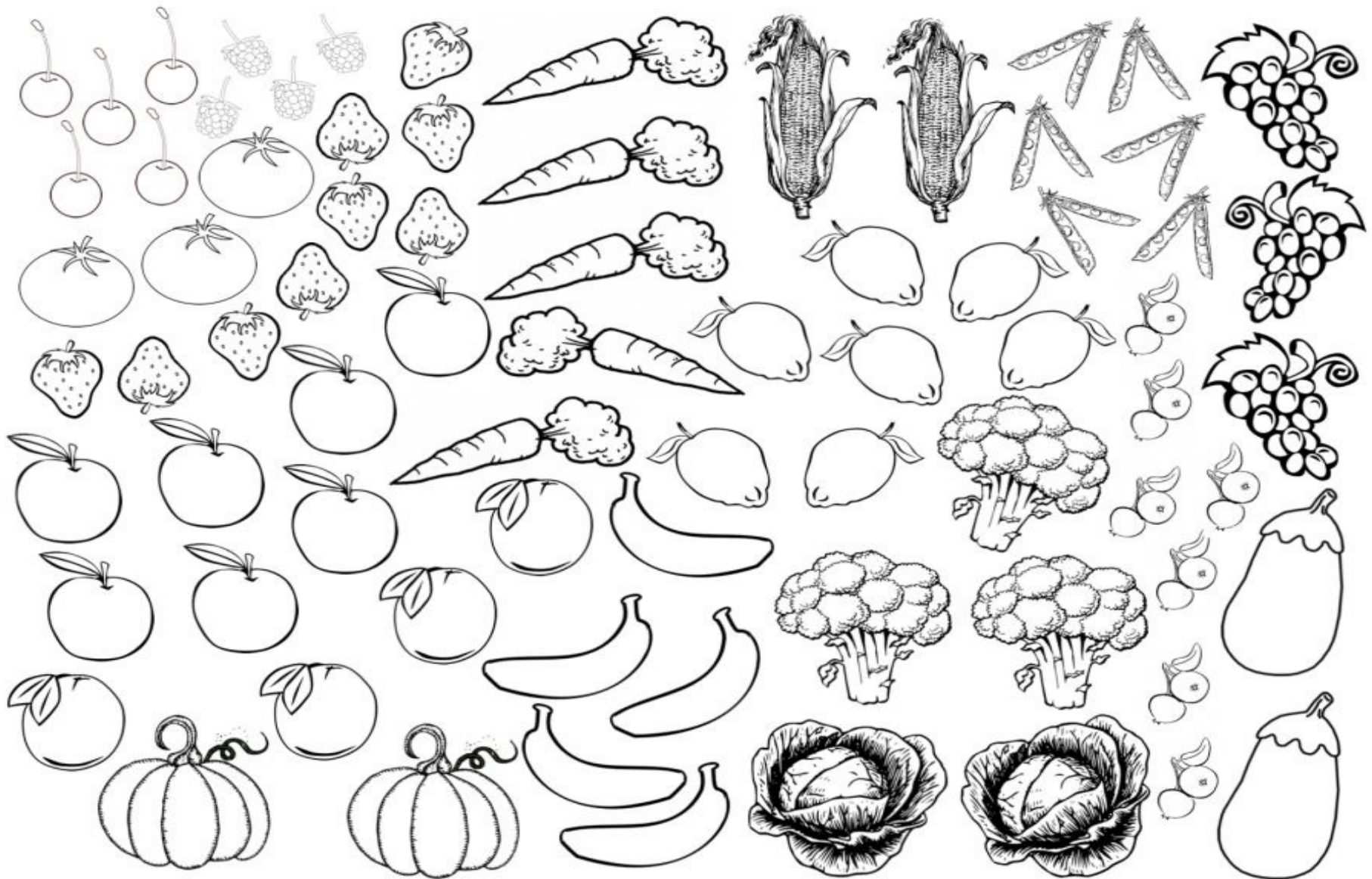


Oranges are so great. They are round and have a navel (belly button) where the blossom started the fruit. They grow on trees. All have great vitamin C and help us fight off germs. Can you color the oranges ?

Answers to fruit/vegetable count: Eggplant-2, Grapes-3, Pea Pods-6, Lettuce-2, Cherries-5, Bananas-5, Corn-2, Lemons-7, Strawberries-9, Oranges-4, Tomatoes-3, Apples-7, Pumpkins-2, Raspberries-4, Broccoli-3, Carrots-5, Blueberries-5, Total fruit/vegetables-76



Berries, berries, and more berries..... How many different berries are there? Strawberries, Blueberries, Raspberries, Cranberries, Mulberries, Blackberries, Boysenberries, and Elderberries. Can you draw more berries to add to the picture and color them? What is your favorite?



Count the Fruits and Vegetables then color them.

Egg Plant _____ Grapes _____ Pea Pods _____
 Lemons _____ Strawberry _____ Oranges _____
 Raspberry _____ Broccoli _____ Carrots _____

Lettuce _____ Cherry _____ Banana _____ Corn _____
 Tomato _____ Apple _____ Pumpkin _____
 Blueberry _____ Total fruits/Vegetables _____