

Coloring Book

Fruits and Vegetables

Eat a colorful variety of fruits and vegetables every day

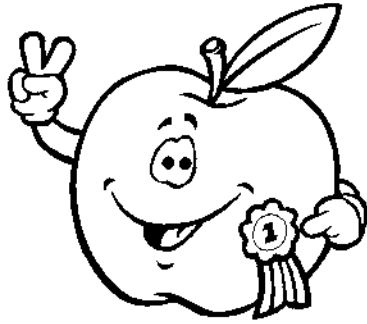


Vary Your Veggies • Focus on Fruits

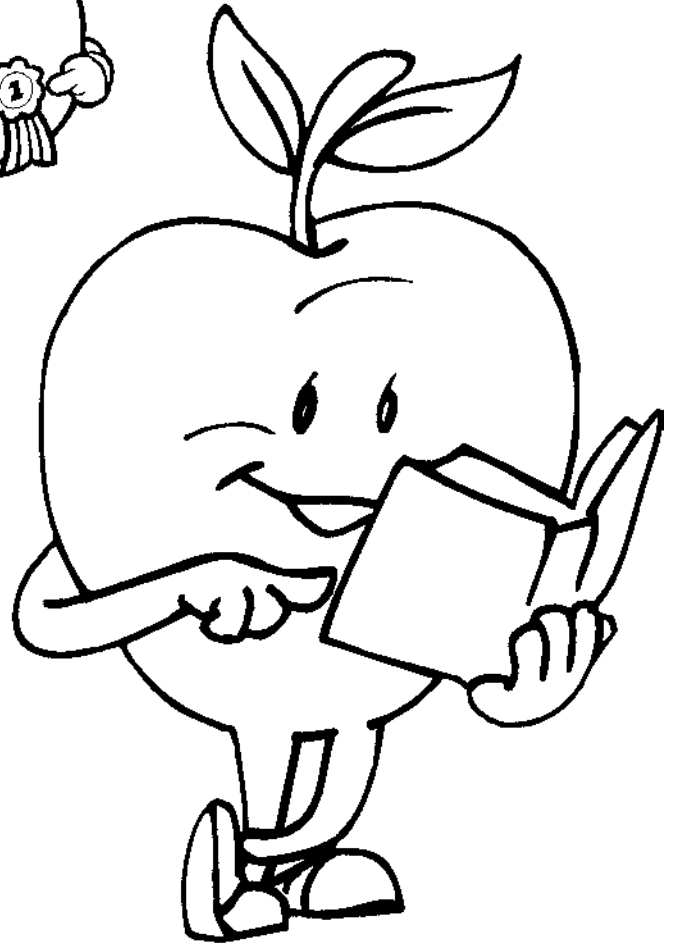


PennState Extension

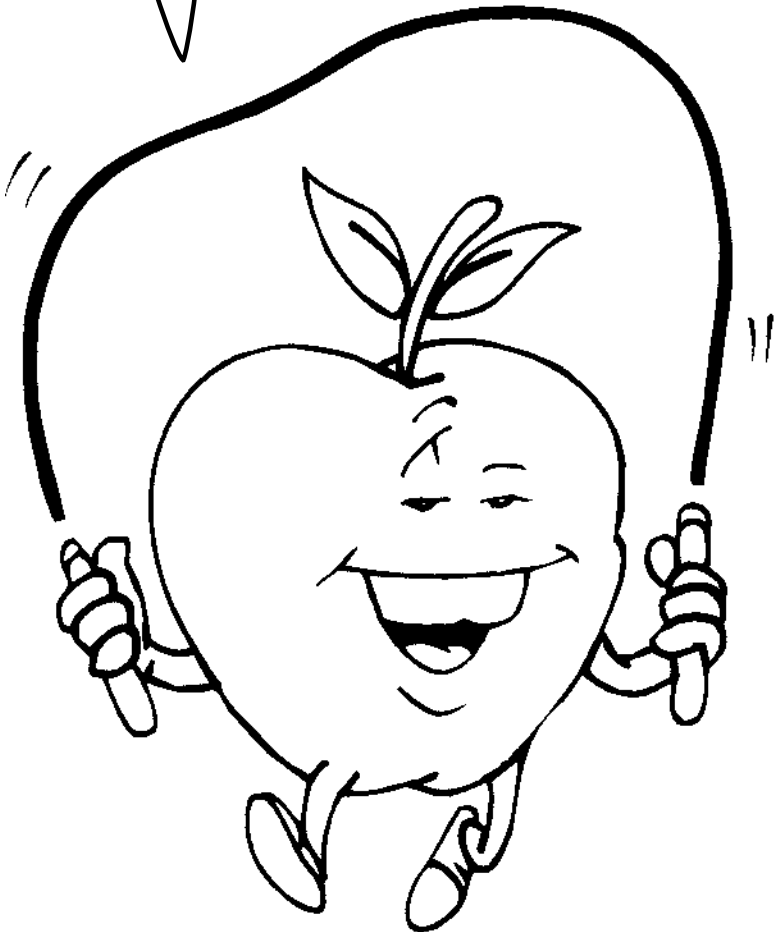
Apples



Apples
grow in fields
full of fruit trees
called orchards.
Try an apple for an
afternoon snack!



We can
be red, yellow, or
green and are great
sources of fiber.

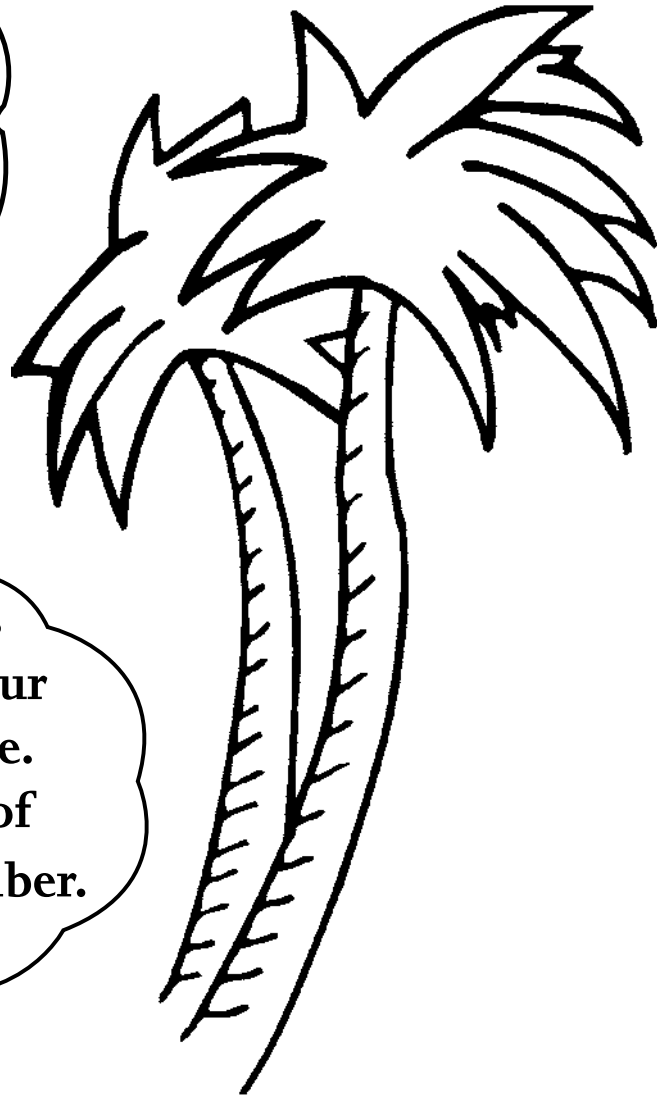


Bananas



Bananas
grow in bunches
on giant plants that
look like palm trees.
We grow in
tropical areas.

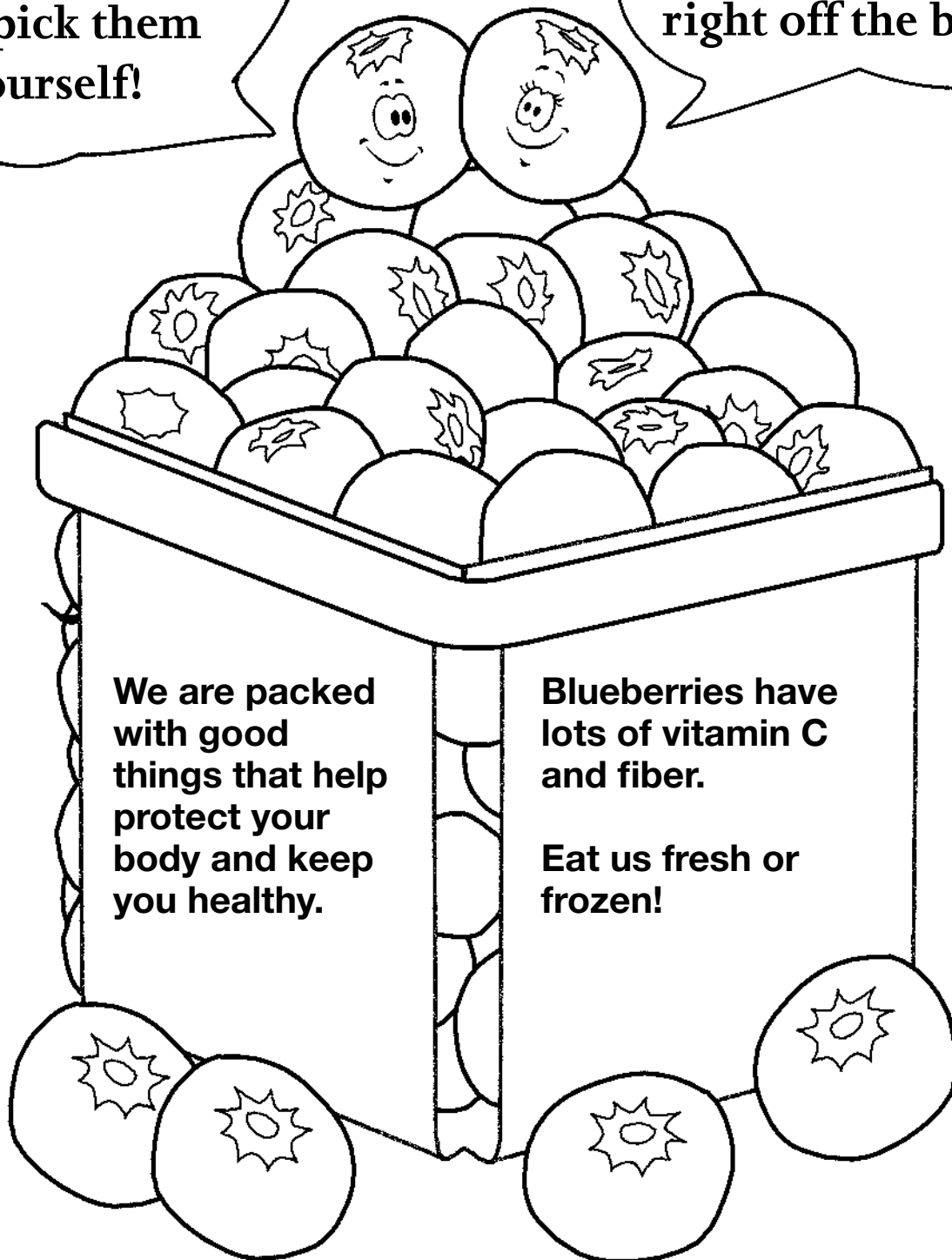
Our skin is
yellow, but our
fruit is white.
We are full of
vitamins and fiber.



Blueberries

Most blueberries are grown on “U-Pick” farms. That means you pick them yourself!

Blueberries are blue/purple and grow on bushes. Pick me! I taste best right off the bush!

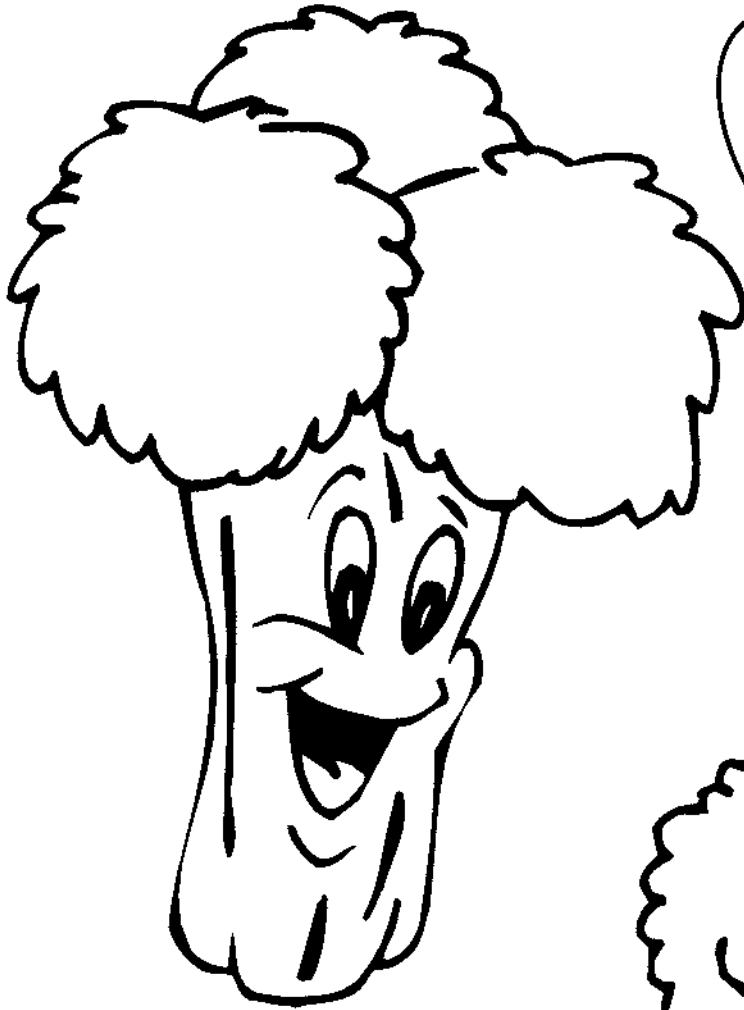


We are packed with good things that help protect your body and keep you healthy.

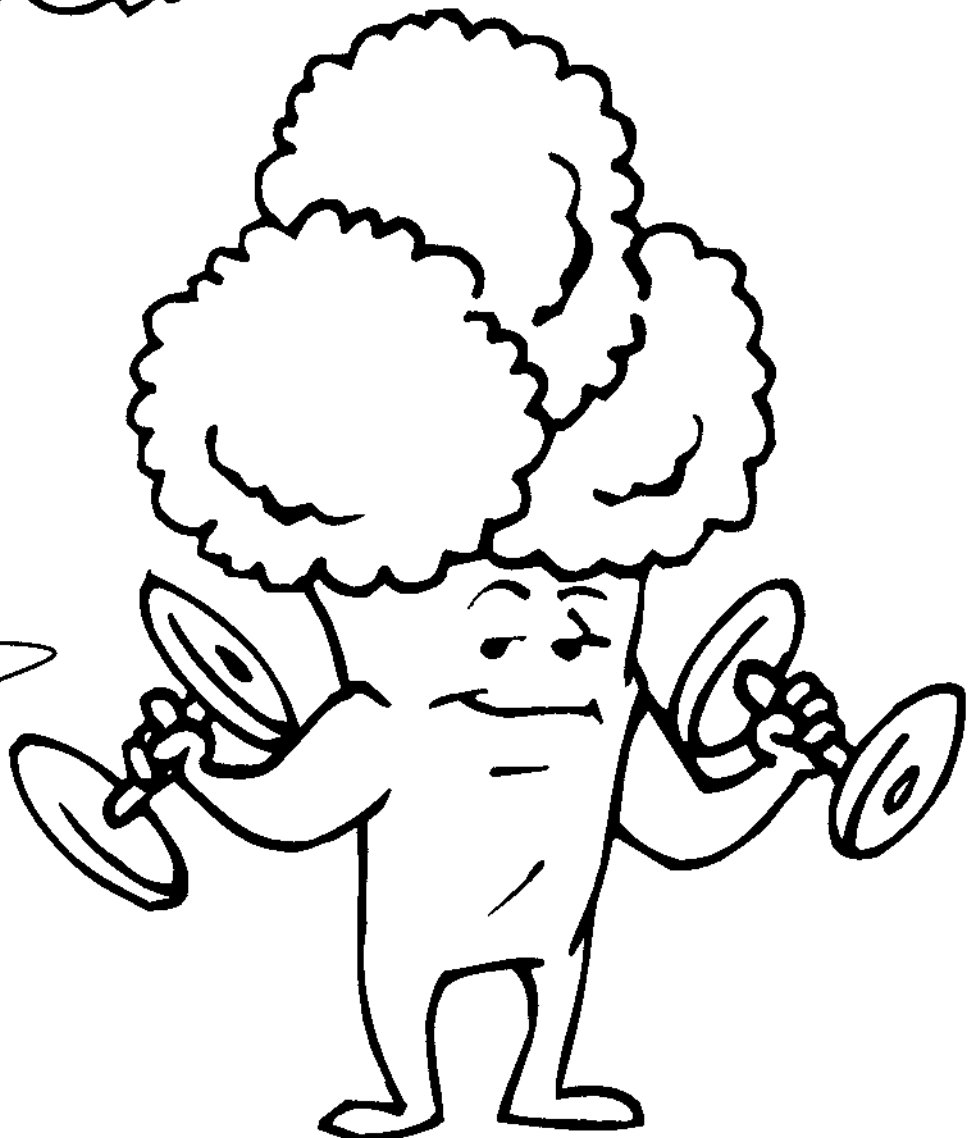
Blueberries have lots of vitamin C and fiber.

Eat us fresh or frozen!

Broccoli



Broccoli has its food on its head. But you can also eat its bright green stalks.

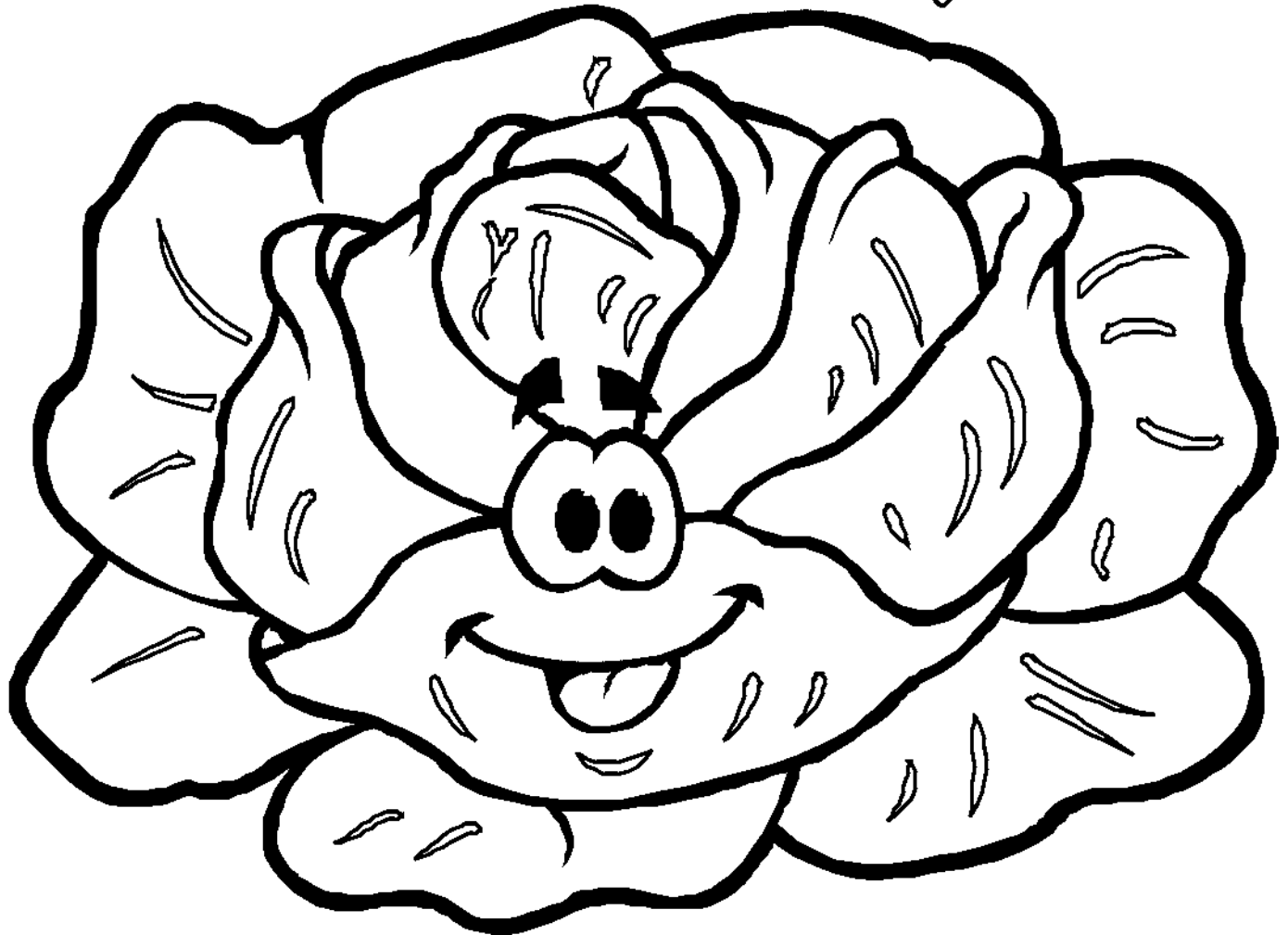


We have lots of vitamin A, vitamin C, and fiber!

Cabbage

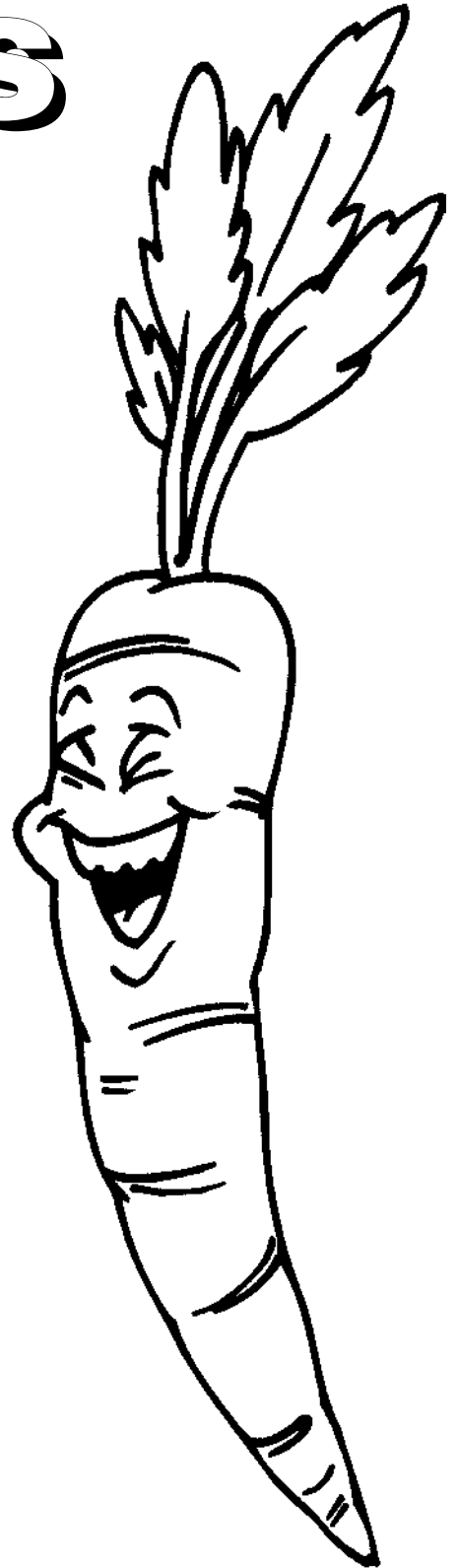
Cabbage grows
in “heads” and looks
like lettuce.
We have lots of
vitamin C.

We can be purple or
green and taste great
both cooked and raw.



Carrots

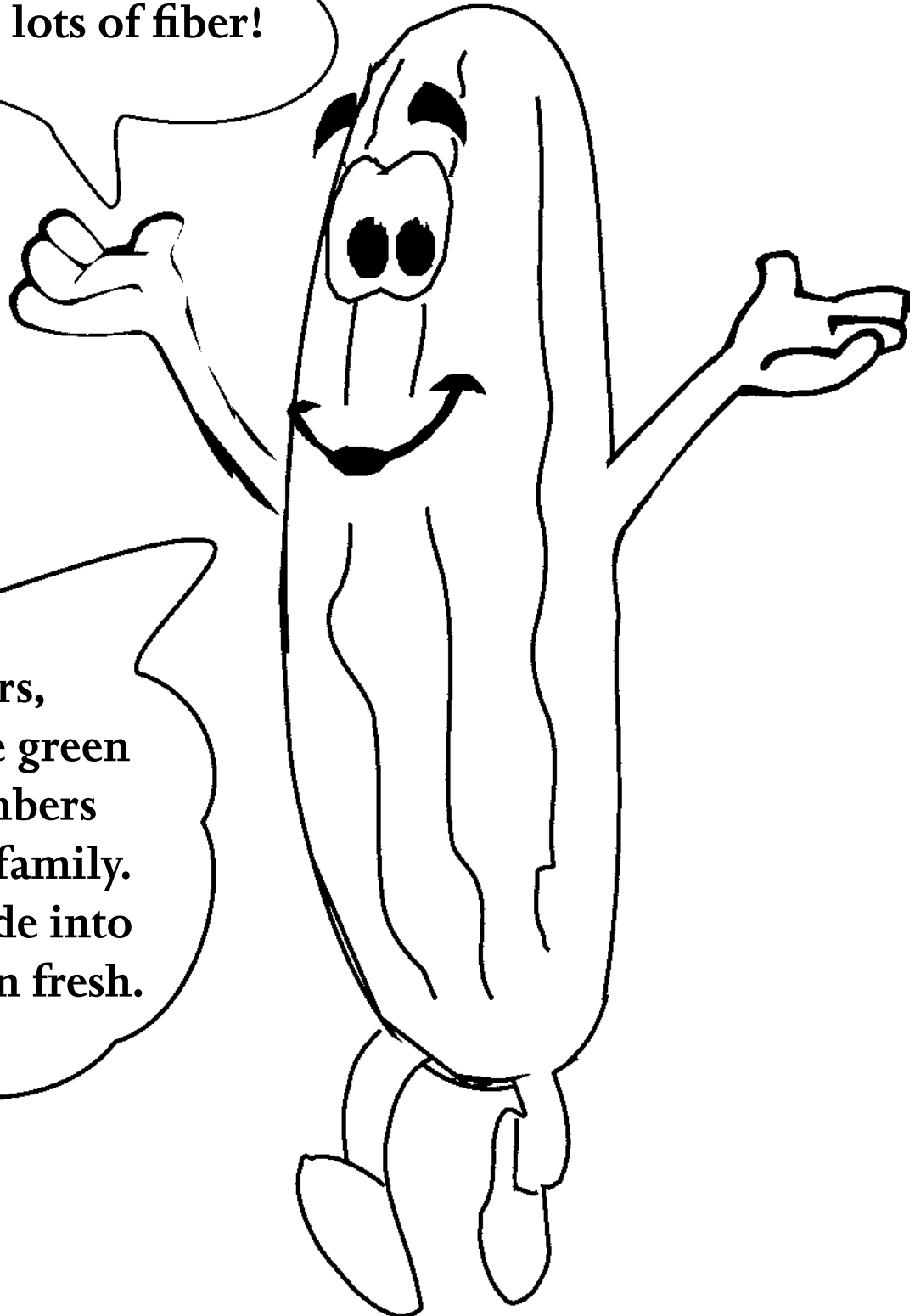
Carrots are roots that grow underground. Carrots are bright orange and have lots of vitamin A and fiber.



Cucumbers

Eat us skin and all
for lots of fiber!

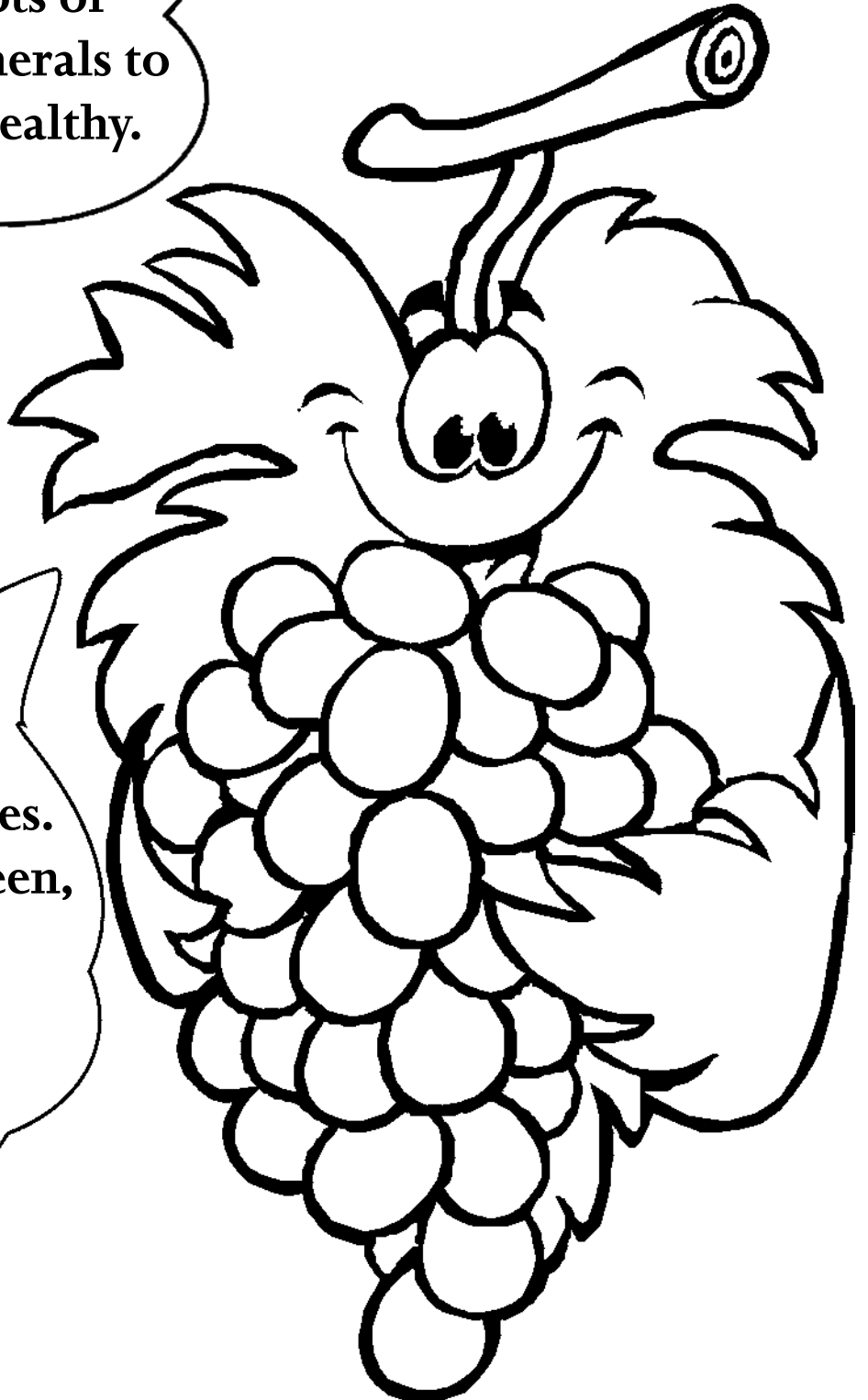
Cucumbers,
or “cukes,” are green
and are members
of the squash family.
We can be made into
pickles or eaten fresh.



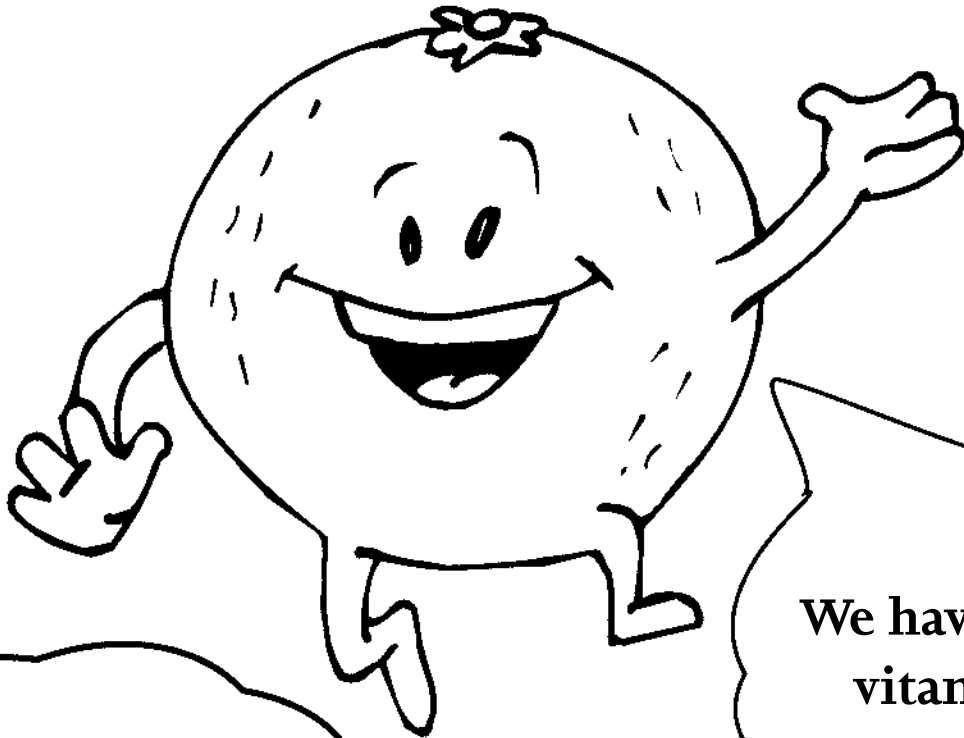
Grapes

Our bright colors tell
you we have lots of
vitamins and minerals to
help keep you healthy.

Grapes grow
in clusters on vines.
We can be pale green,
red, purple, or
black in color.
Dried grapes
are raisins.

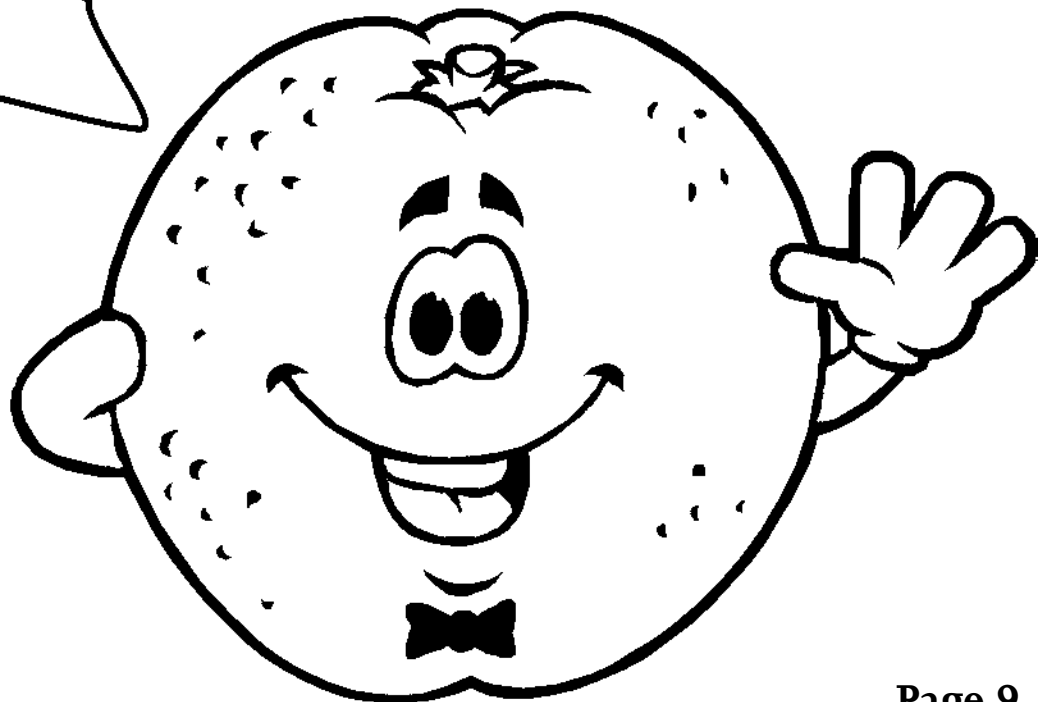


Oranges



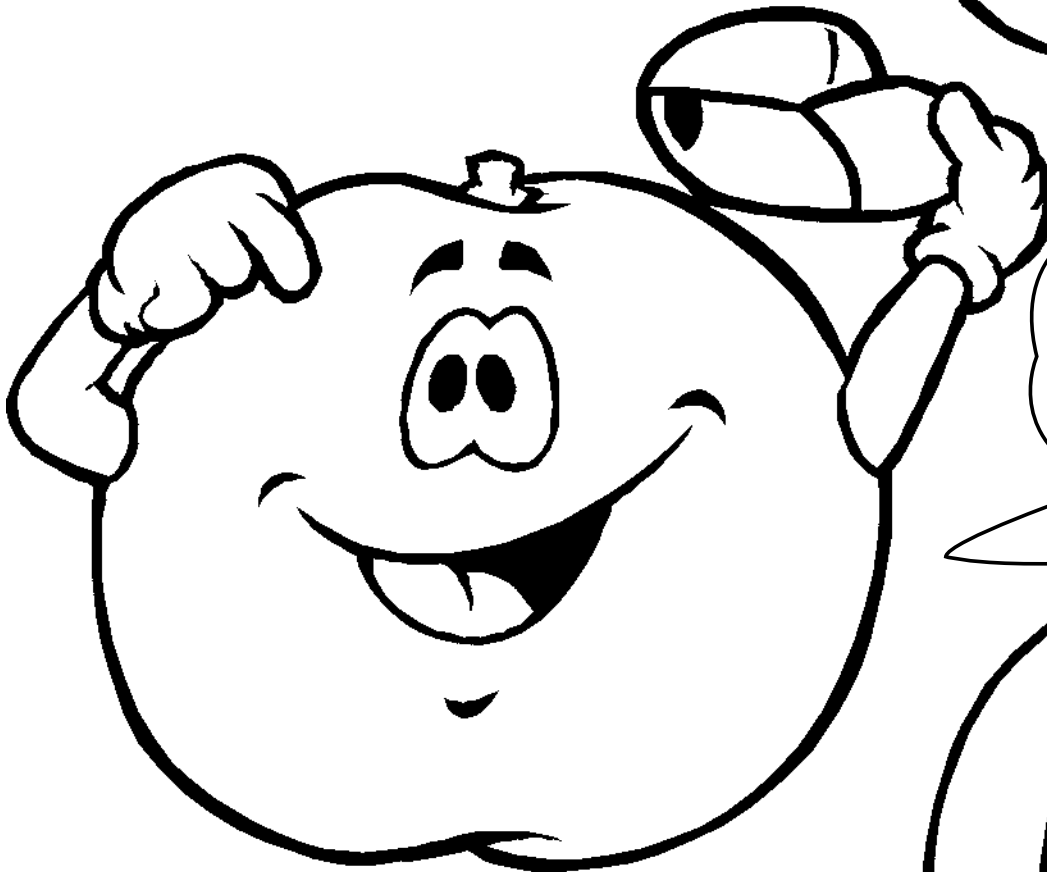
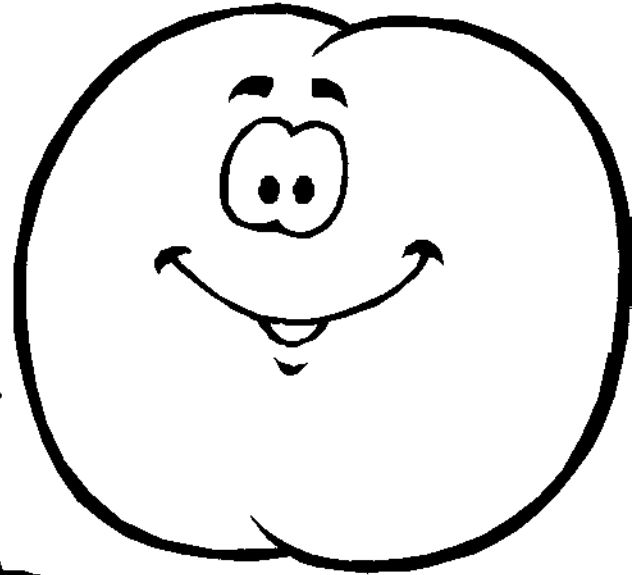
We have lots of
vitamin C!

Juicy oranges
are great for
breakfast and snacks.
Eat one today!

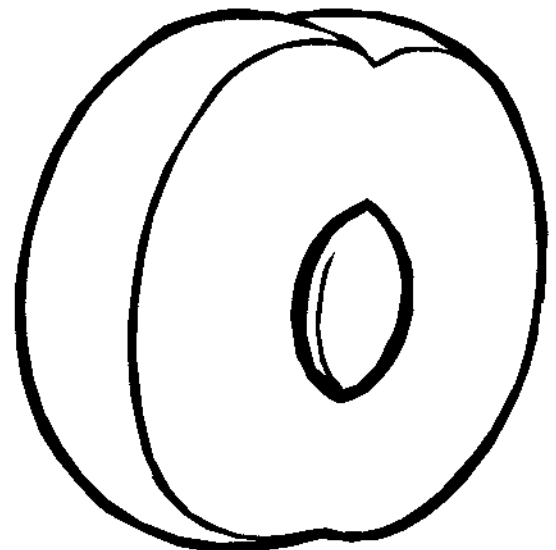


Peaches

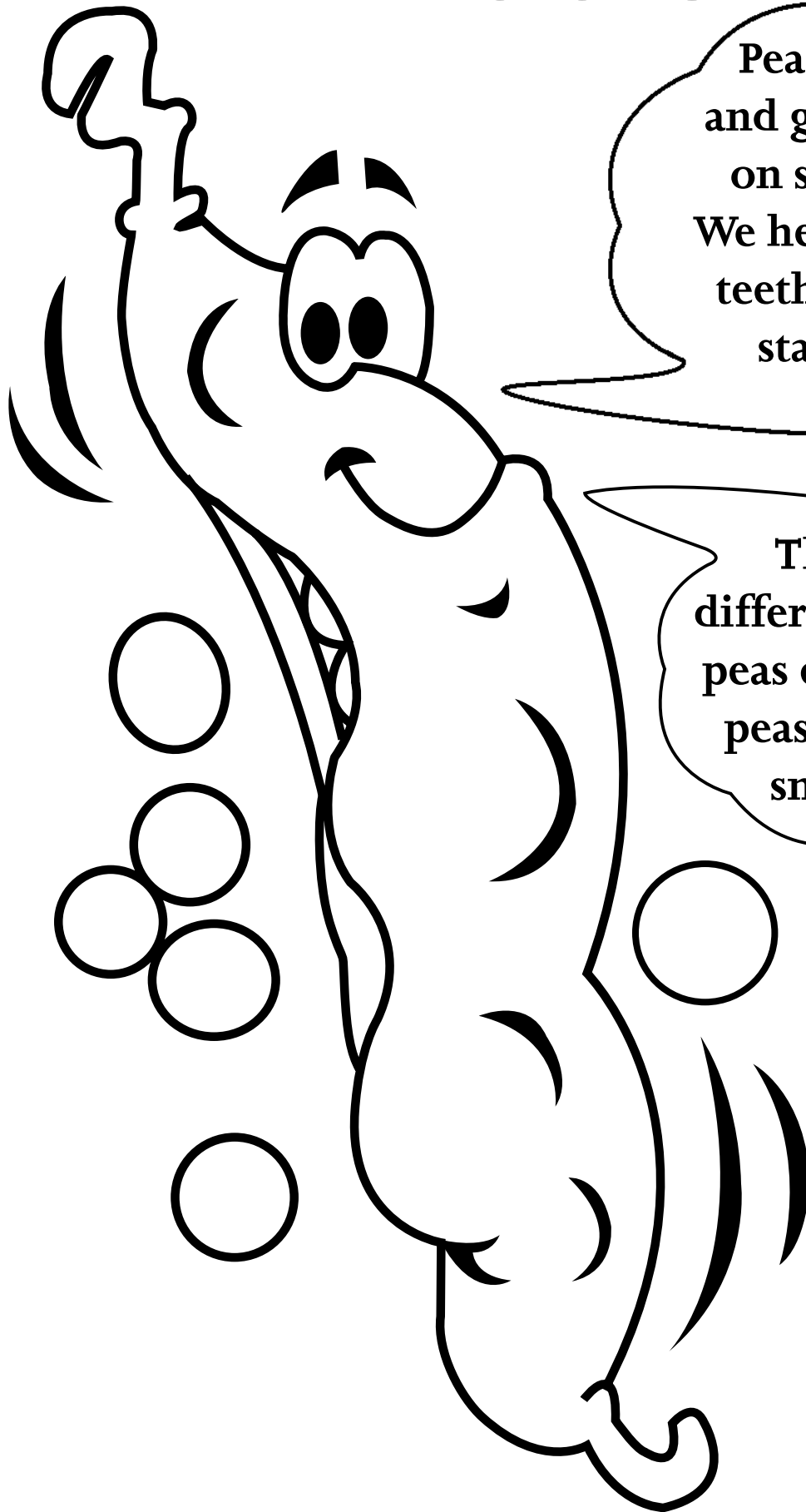
A peach has
soft, fuzzy skin.
You can peel it off or
wash it and eat the
whole peach.
Try me sliced
on cereal!



We have lots of
vitamin A! We are
usually yellowish,
but we can also be
orange or white.



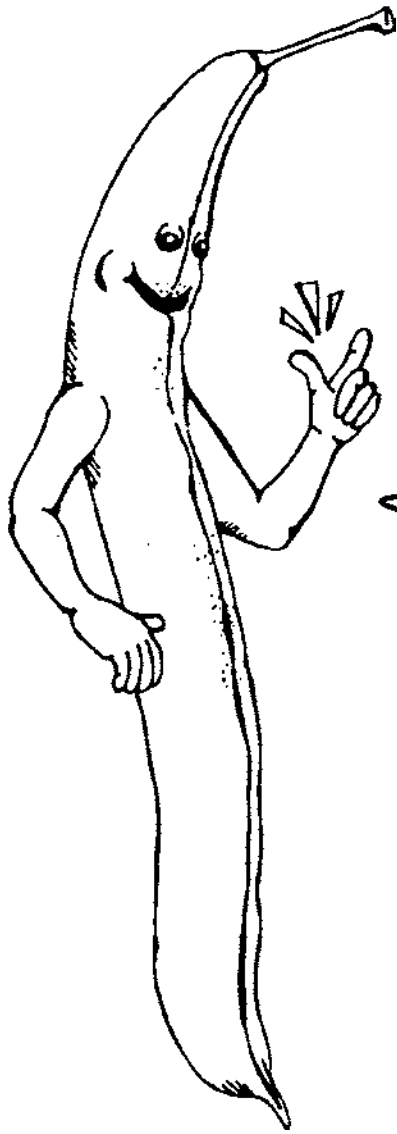
Peas



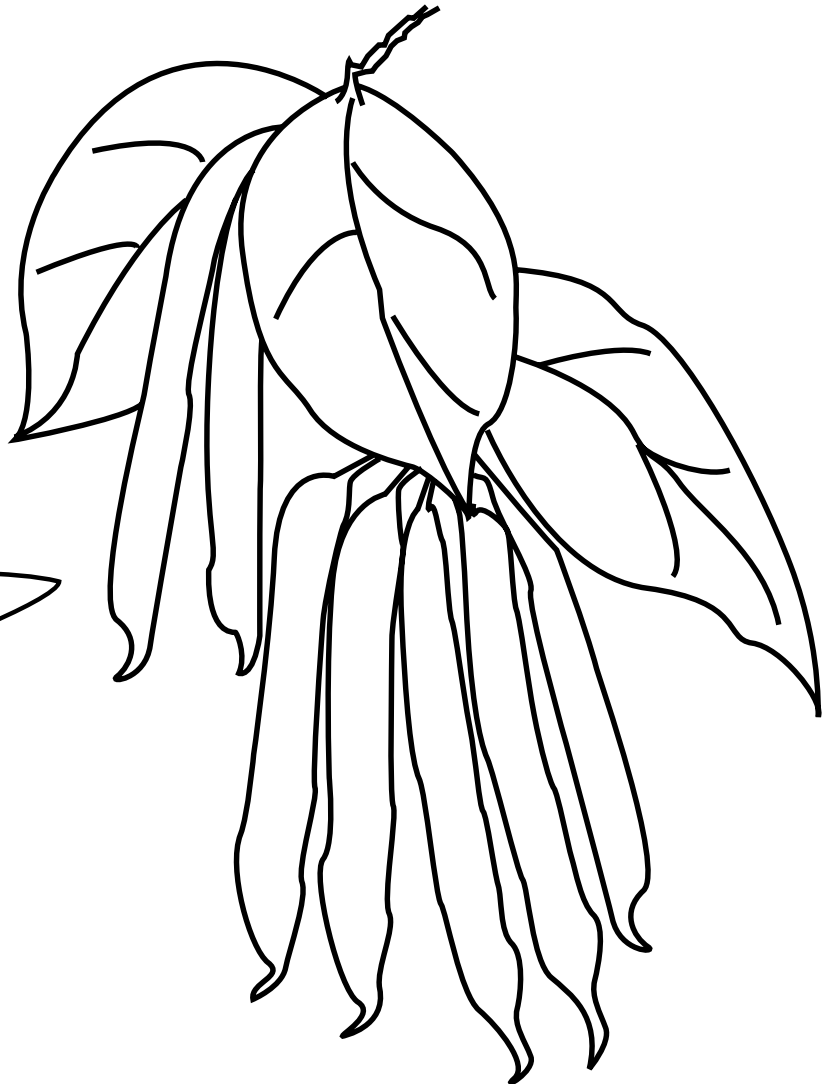
Peas are green
and grow in pods
on small vines.
We help your eyes,
teeth, and bones
stay healthy.

There are
different kinds of
peas called snow
peas and sugar
snap peas.

Snap Beans



We can be
green or yellow.
When we're yellow, we're
called wax beans.
No matter our color,
we have vitamins and
fiber to help keep
you healthy.

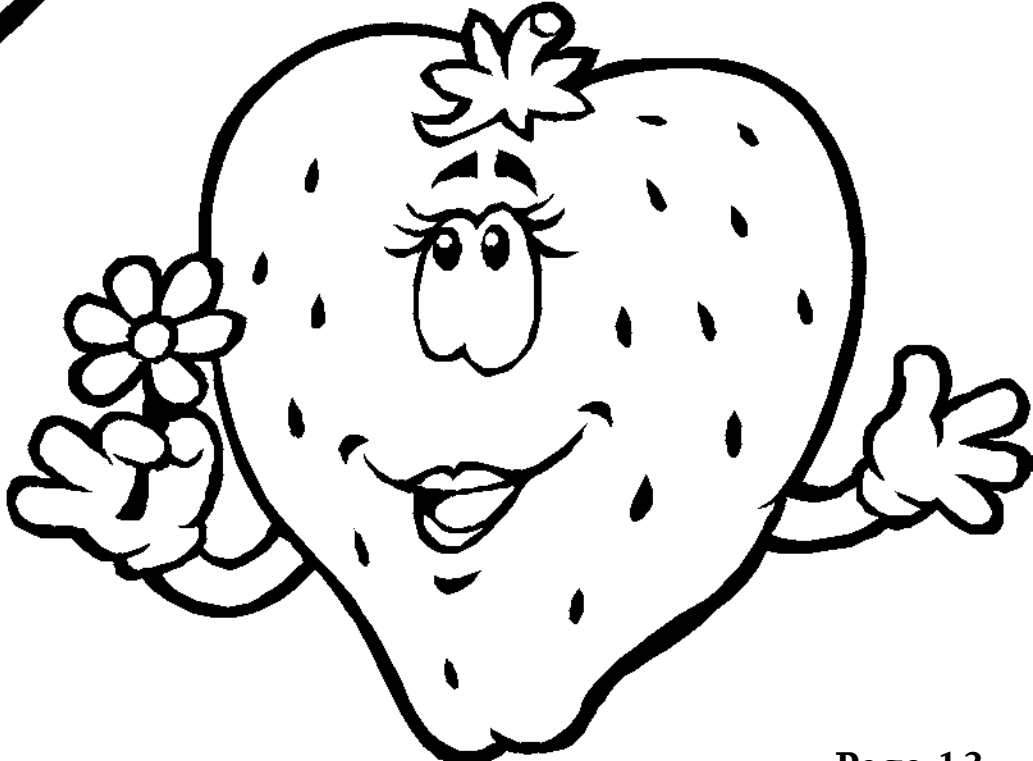


We snap beans get
our name from
the sound we make
when you break our
skinny pods!

Strawberries



Strawberries
are easy to grow.
Pick us when we
are red!

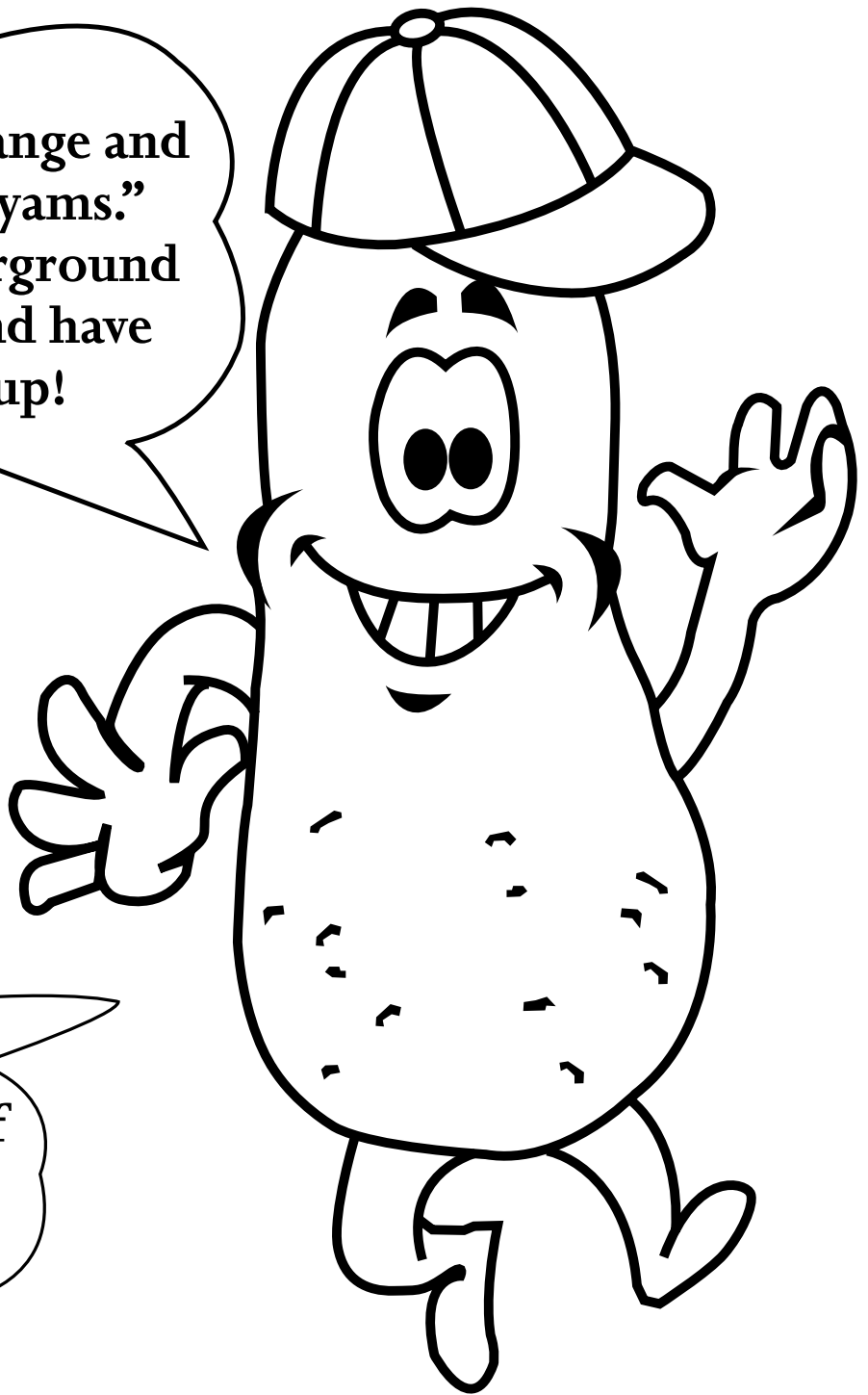


We have lots of
vitamin C and fiber!
Try fresh strawberries on
your cereal or
for dessert!

Sweet Potatoes

Sweet
potatoes are orange and
often called “yams.”
We grow underground
like carrots and have
to be dug up!

We have lots of
vitamin A and
fiber!



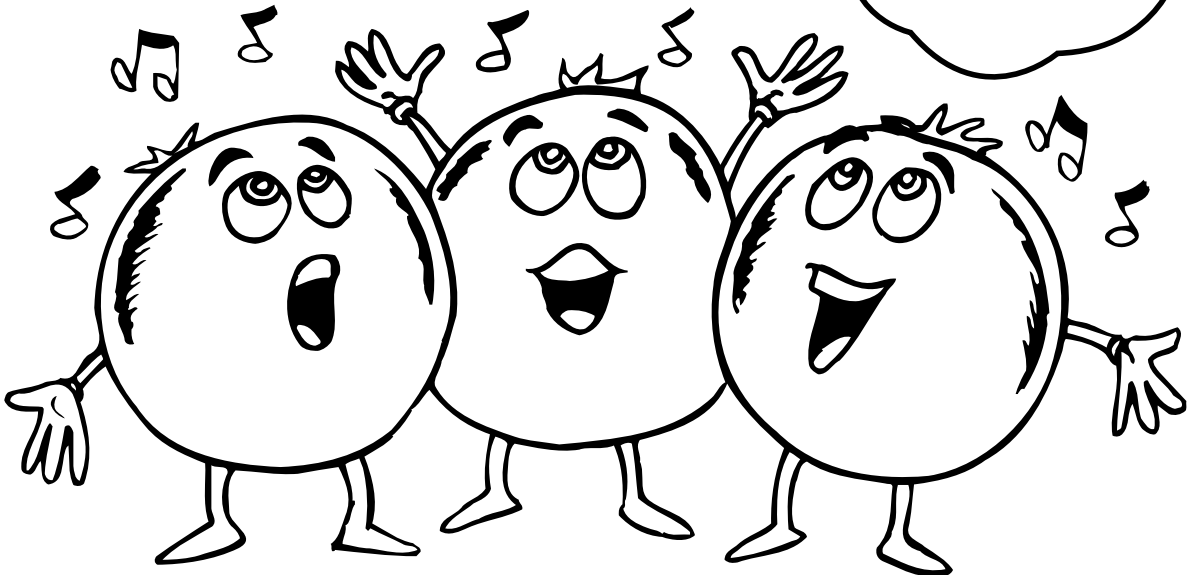
Tomatoes

Tomatoes
can be red or
yellow.



We can be large or small,
round or plum shaped.
But no matter our shape or color,
we have lots of vitamin C,
vitamin A, and fiber.

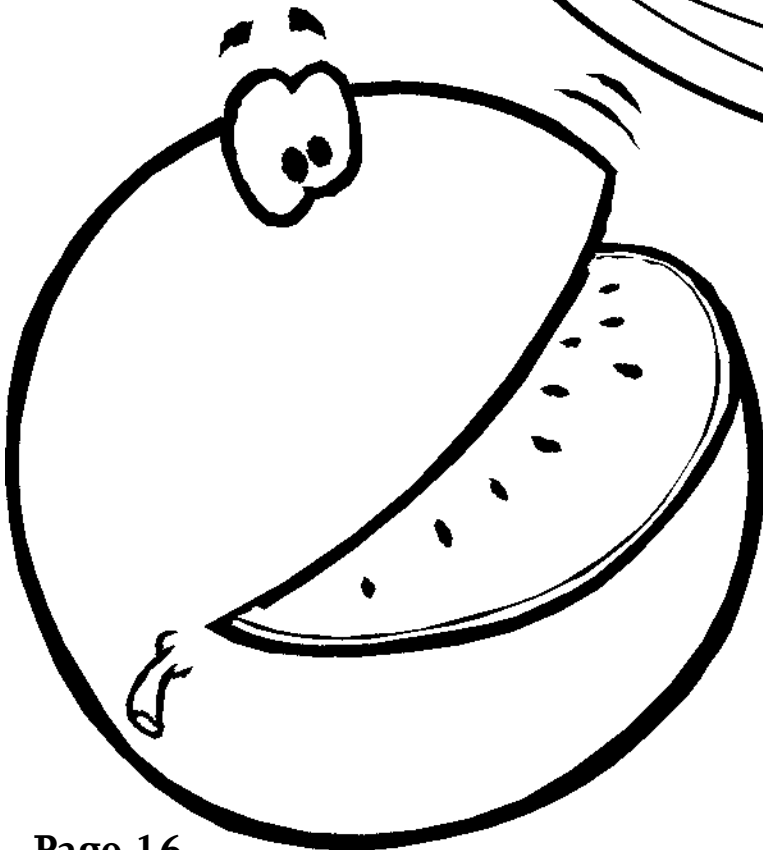
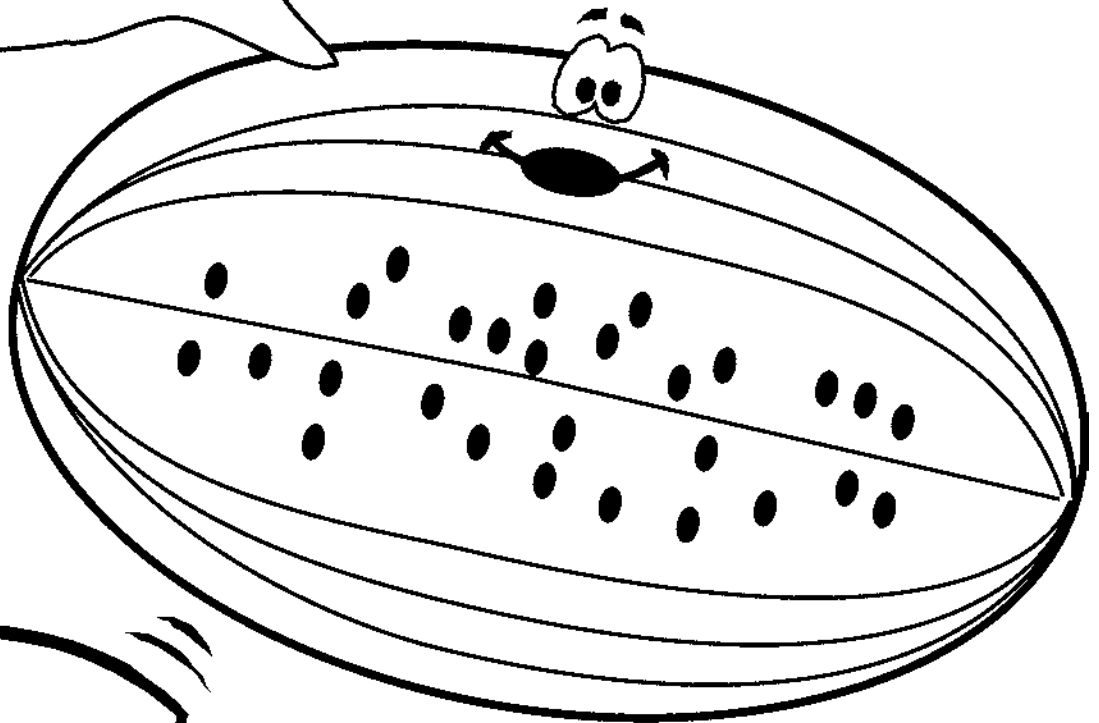
We can be
cooked and
made into sauces
or eaten raw.



Watermelons

We have lots of vitamin C and vitamin A and make a tasty summer treat.

One watermelon vine can grow longer than 50 feet, and one watermelon can weigh as much as 100 pounds!



We are green outside but red or yellow inside. We come in different shapes and sizes, too.

Prepared by Katherine Cason, former associate professor of food science, Penn State.
Revised by Julie A. Haines, former assistant director, Nutrition Links program, Penn State.

extension.psu.edu

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available in alternative media on request.

The University is committed to equal access to programs, facilities, admission, and employment for all persons. It is the policy of the University to maintain an environment free of harassment and free of discrimination against any person because of age, race, color, ancestry, national origin, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, sex, sexual orientation, marital or family status, pregnancy, pregnancy-related conditions, physical or mental disability, gender, perceived gender, gender identity, genetic information, or political ideas. Discriminatory conduct and harassment, as well as sexual misconduct and relationship violence, violates the dignity of individuals, impedes the realization of the University's educational mission, and will not be tolerated. Direct all inquiries regarding the nondiscrimination policy to Dr. Kenneth Lehrman III, Vice Provost for Affirmative Action, Affirmative Action Office, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; Email: kfl2@psu.edu; Tel 814-863-0471.

© The Pennsylvania State University 2006

Produced by Ag Communications and Marketing

Code UK083 R7M12/15mpc