

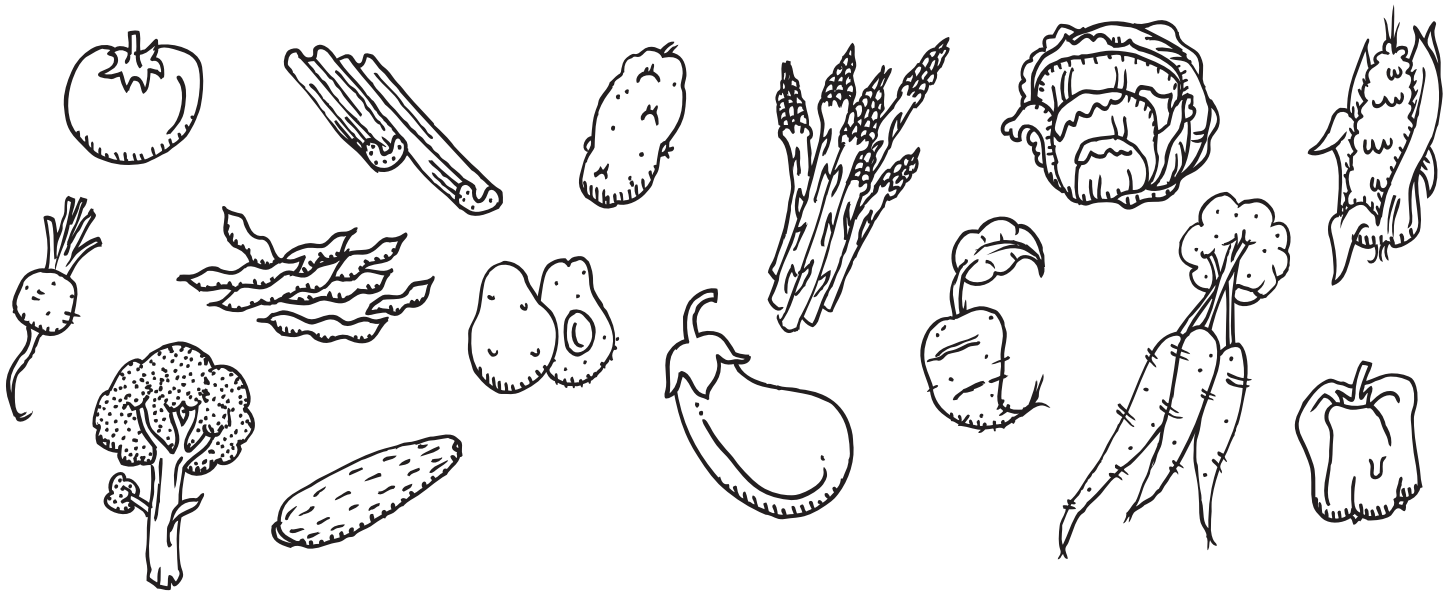


VEGGIES BY NUMBER!

Get out your box of crayons or markers. Do you see a rainbow of colors? Did you know that veggies come in nearly as many colors as your crayons? There are red peppers, orange carrots, yellow corn, green lettuce and purple eggplant. Eating a rainbow of veggies helps make sure you get the vitamins and nutrients your body needs.

Count Your Veggie Colors

How many different veggie colors did you eat today? Color in all the vegetables you ate today. If a vegetable you ate does not appear below, draw and color your own veggie at the bottom of the page.



How many different veggies did you eat today? Add them up. Did you eat three to four different types of vegetables today? If not, color your veggies in tomorrow and see if you get closer to your goal.

Date:

Number of veggie colors: