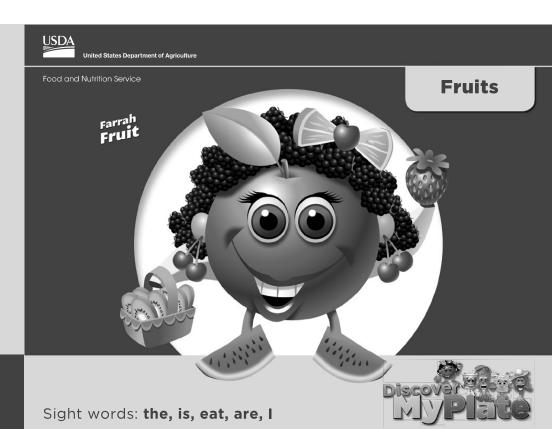
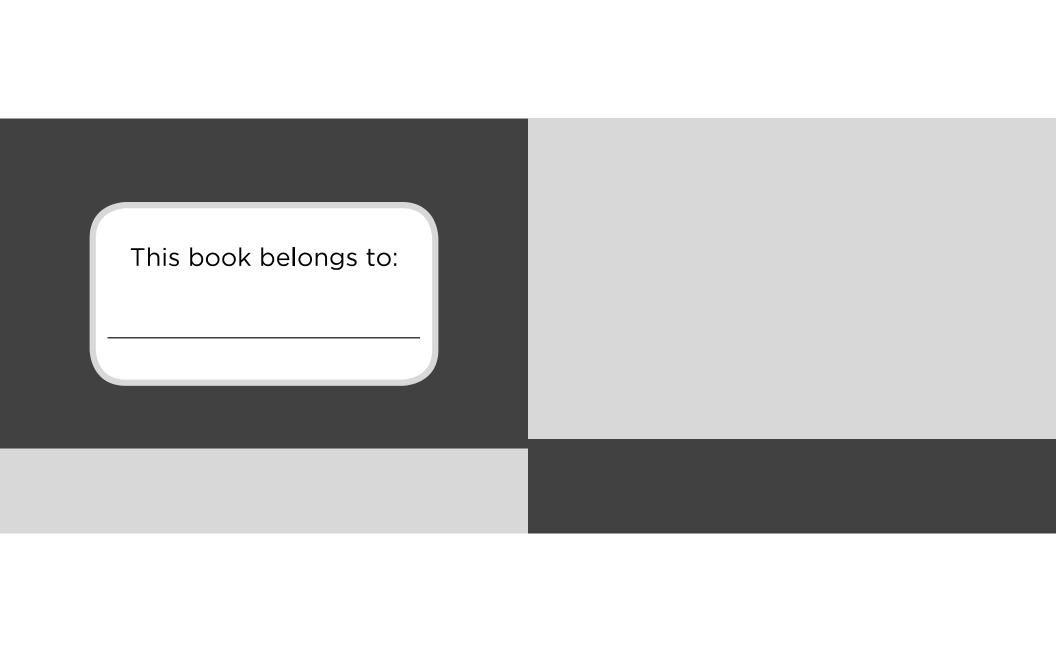


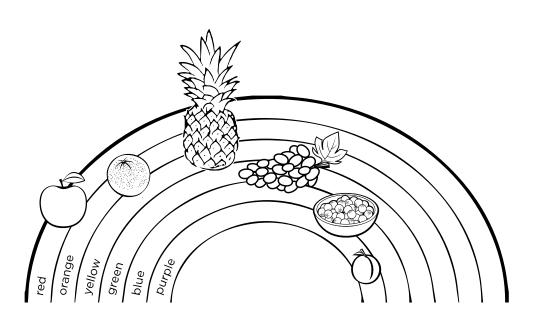
Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at: https://teamnutrition.usda.gov.



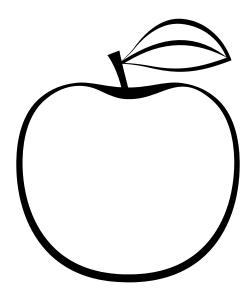
May 2014 • FNS-474B Slightly Revised in May 2018 USDA is an equal opportunity provider, employer, and lender.



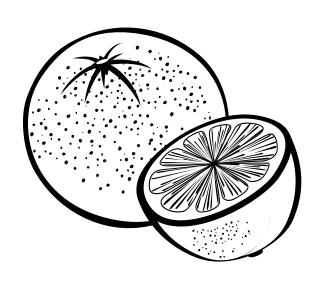




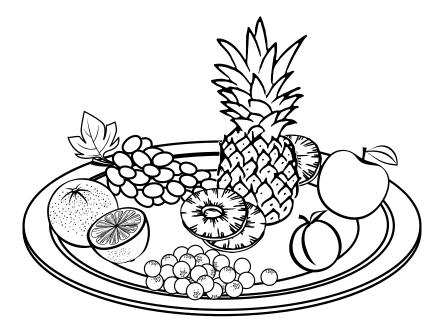
I eat a rainbow. Yum!



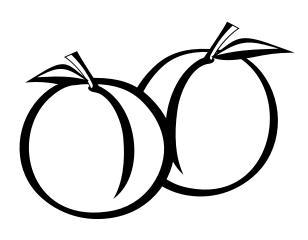
The apple is red.



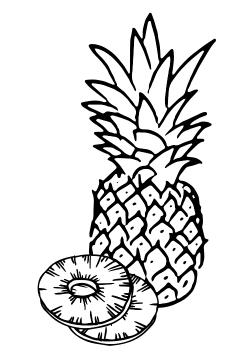
The orange is orange.



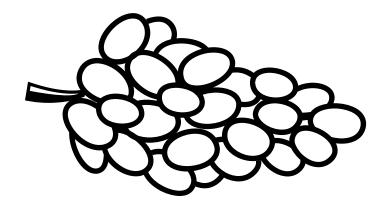
I eat fruit.

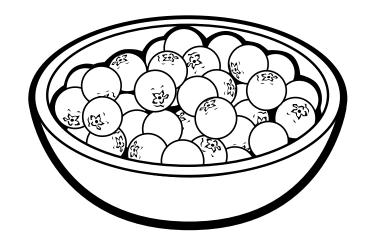


The plums are purple.



The pineapple is yellow.





The grapes are green.

The berries are blue.