

# Fruits and veggies make great snacks or desserts!

Work with a friend or family member to make these colorful fruit and veggie treats after school or on the weekend.

## Fruit Salad

- ★ Wash and peel a variety of colorful fruits.
- ★ Cut fruits into bite-size pieces. Combine in a large bowl.
- ★ Cut a lime in half. Squeeze the juice over the fruit.
- ★ Drizzle a Tablespoon of honey if you like.
- ★ Stir ingredients to combine and enjoy!



## Veggies with Dip

- ★ Cut up any colorful veggies you like. Try broccoli spears, bell pepper strips, celery sticks, cucumber slices, or carrot sticks.
- ★ Mix ½ cup nonfat plain yogurt, ½ cup low-fat mayonnaise or sour cream, ½ teaspoon dried parsley, ¼ teaspoon garlic powder, ⅛ teaspoon salt, and ⅛ teaspoon pepper.
- ★ Dip the veggies and enjoy!

## Fruit and Cheese Kabobs

- ★ Cut block cheese into small cubes.
- ★ Wash, peel, and cut a variety of colorful fruits into bite-size pieces.
- ★ Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.



**DID YOU KNOW?**  
Many fresh fruits and veggies taste their best in spring or summer. In the winter months, or all year round, give frozen and canned fruits and veggies a try. They often cost less and can taste as good or better!

# Fill in the blanks – then fill up on yummy fruits and veggies!

Guess these **GREEN** fruits and veggies.

B \_ \_ \_ C \_ L \_

K \_ W \_

\_ P \_ \_ \_ C H

Guess these **ORANGE** fruits and veggies.

\_ \_ \_ R \_ T

\_ A N G \_ R \_ \_ \_

\_ W \_ \_ T P \_ \_ \_ \_ O

Guess these **RED** fruits and veggies.

B \_ \_ \_

W A T \_ \_ M \_ \_ \_ N

R A \_ \_ \_ H

Guess these **YELLOW** fruits and veggies.

C \_ \_ N

P \_ \_ \_ A P P \_ \_

\_ Q U \_ \_ \_

## Word bank

Squash Spinach

Sweet potato Carrot

Kiwi Pineapple

Beet Radish

Broccoli Corn

Tangerine Watermelon