

Can You Name the **Vegetables**?



Growing Up **Food Smart** with **Fruits & Vegetables!**

Can You Name the **Vegetables?**

ANSWER:

- **Carrot Sticks**
- **Yellow Pepper Sticks**
- **Red Pepper Sticks**
- **Cucumber Sticks**
- **Guacamole made of Avocado and Tomato**
- **Spinach Leaves on top**



Can You Name the **Fruits**?



Growing Up **Food Smart** with **Fruits & Vegetables!**

Can You Name the **Fruits?**

ANSWER:

- **Strawberries**
- **Pineapple**
- **Grapes**
- **Kiwi**



Can You Name the **Vegetables**?



Growing Up **Food Smart** with **Fruits & Vegetables!**

Can You Name the **Vegetables?**

ANSWER:

- **Carrot Sticks**
- **Broccoli**
- **Celery**
- **Tomato**
- **Cauliflower**
- **Radish**
- **Humus made of chickpeas**



Can You Name the **Fruits**?



Growing Up **Food Smart** with **Fruits & Vegetables!**

Can You Name the **Fruits?**

ANSWER:

- **Strawberries**
- **Blueberries**
- **Peach or Mango**
- **Kiwi**



Can You Name the **Vegetables**?



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Can You Name the **Vegetables?**

ANSWER:

- **Carrot Sticks**
- **Celery Sticks**
- **Cucumber Sticks**
- **Low-fat Yogurt Dipping Sauce
with Parsley**



Can You Name the **Fruits**?



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Can You Name the **Fruits**?

ANSWER:

- **Strawberries**
- **Grapes**
- **Watermelon**
- **Cantaloupe**
- **Honey Dew**

