

COLOR UP YOUR PLATE



Fruits and vegetables come in a variety of colors. Eating your Five Every Day from a wide array of colors ensures that you and your kids will get more of the important nutrients that you need for healthy living.

INSTRUCTIONS:

Your family's mission is to create your own taste adventures at the local farmers' market or in the produce section of your supermarket. Over the next few weeks, try working your way through the entire color wheel as you purchase and taste test new fruits and vegetables at home.

Trim out the colors below and each time you shop draw a new color from a hat to determine which color fruit or vegetable to hunt for!

Learn more at: ymca.net/healthy-family-home

					
					