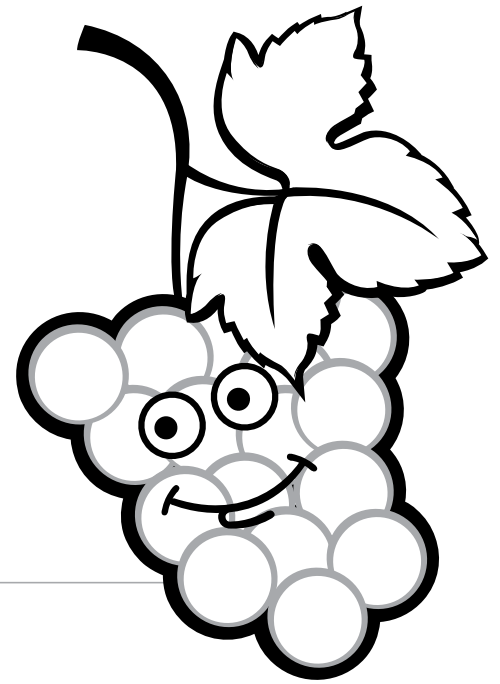


Healthy Activities for Cool Kids – Ages 6-10

Fantastic Fruit

Fruits are super with meals or as a snack; they taste great and are power packed.



Instructions: Unscramble the words using the letters and clues.

l w e r e a o t n m _____

I am green on the outside, but red or yellow on the inside!

g a m o n _____

I am a unique orangy treat!

a a b n a n s _____

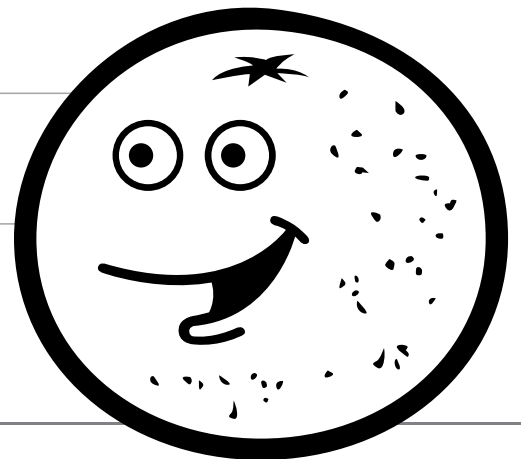
Rich in potassium, fiber and vitamin C, just peel and eat!

i w k i _____

I am fuzzy on the outside, but soft and sweet on the inside.

e r u b e i s l r b _____

We are round and blue and great for you!



Now list as many fruits as you can think of that would be the following colors:

Red

Orange or Yellow

White

Green

Blue or Purple

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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