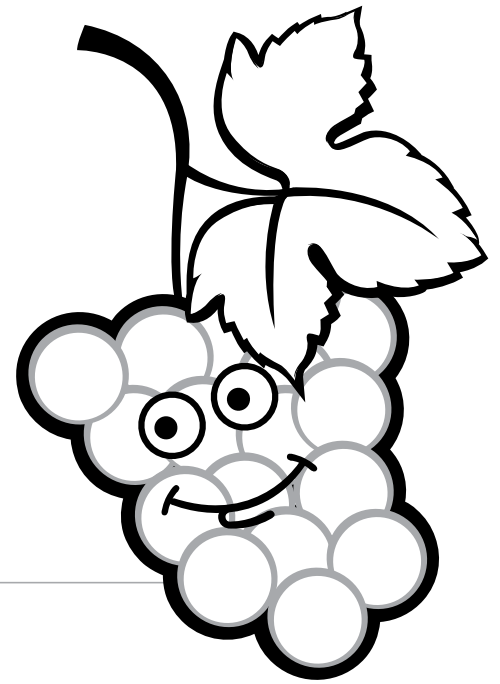


## Healthy Activities for Cool Kids – Ages 6-10

# 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** \_\_\_\_\_

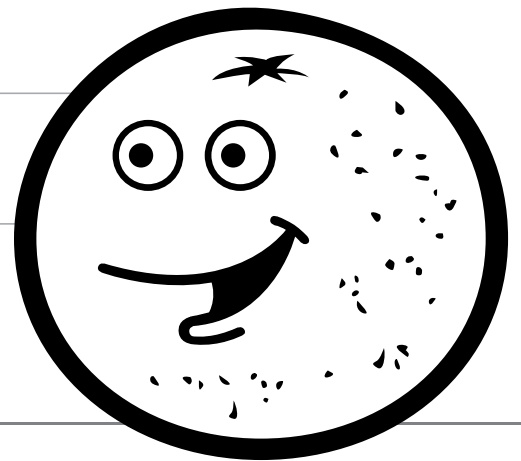
Rich in potassium, fiber and vitamin C, just peel and eat!

**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

