Veggies are crunchy. Fruits are sweet.

Eat a rainbow. What a treat!
Apples and strawberries on your plate.
Eat your reds!
They taste great.

Let’s count the strawberries.
Carrots and melons, just for you. Big, round pumpkins are orange too!

Can you point to the pumpkin?
A slice of lemon looks like the sun. Eating **yellows** is fun, fun, fun!

Let’s find the banana!
Broccoli, peas, pears, and beans. Crunch them. Munch them. Eat your **greens**!

Can you find the cucumber slices?