

Fruits and Vegetables

Fruits and vegetables are healthy for me. I can eat many different fruits and vegetables.



Half of my plate should be fruits and vegetables. This makes my plate colorful!



There are many ways I can eat more fruits and vegetables!



Add fruit to cereal or yogurt



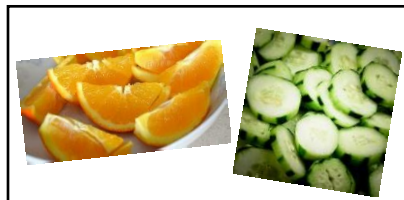
Add vegetables to eggs



Add lettuce and tomato to a sandwich



Eat an apple instead of chips



Add orange and cucumber slices to my lunch



Put vegetables on pizza

Fruits and vegetables fill half my plate and make it colorful. I can eat many fruits and vegetables!