



Ex: strawberries, red bell peppers, tomatoes, pomegranate

O

Ex: carrots\*, pumpkin, apricot, oranges, sweet potatoes

Ex: bananas, mango, pineapples, yellow bell peppers

G

Ex: spinach, grapes, broccoli\*, asparagus\*, kiwi, mint\*

B

Ex: blueberries, black currants, damson plums, blue tomatoes

P

Ex: eggplants, plums, grapes, acai, figs





"colorful plate" "eat the rainbow"  
importance of eating a variety  
of fruits and vegetables

O

&

G

B

&

P

