WHAT'S THE MESSAGE?

Fill in the missing letters in the following list of fruits and vegetables grouped by color. (Answers are at the bottom, but don't peek!) Then unscramble the letters in the 7 circles to make a word that completes Jumping Jacki and Gus Goodfood's message to you. Finally, answer the 3 questions below the list, using the numbers next to the fruits and vegetables.

**GREEN**
1. ☐ kiwi
2. ☐ celer
3. ☐ as__arag__s
4. ☐ spinac
5. ☐ zucc__ini

**PURPLE**
8. ☐ cabbag
9. ☐ eg__pl__nt
10. ☐ be__ts

**ORANGE**
11. ☐ can__aloupe
12. ☐ ta__gerine
13. ☐ swe_t p__tato

**YELLOW**
17. ☐ pine__pple
18. ☐ ma__go
19. ☐ b__ll pe__per

**BLUE**
7. ☐ b__ueber__ies

**RED**
14. ☐ st__awb__ries
15. ☐ __aterme__on
16. ☐ bel__ peppe_

Which fruits and vegetables have you eaten before? ______________________________________

Which ones would you like to try? ______________________________________

Set a goal to eat 2 fruits and 2 vegetables in the next few days. Try to choose fruits and vegetables of different colors. Which ones will you eat? ______________________________________

**GREAT IDEAS**

☐ Kids should be encouraged to taste at least one bite of a new veggie each time it's served. (In many cases, kids will start to like new foods—especially veggies—only after several tries.)

☐ At the supermarket, kids can help pick out new veggies to try. At home, they can help prepare them to eat.

☐ Fruits and raw vegetables cut in bite-sized pieces make good snacks.

☐ Eat fruit for dessert instead of cookies, cake, or candy.

☐ Finely chopped vegetables can be added to familiar foods such as spaghetti sauce, hamburger patties, scrambled eggs, and pizzas. Also, veggies can be added to soups and pasta dishes.

☐ When kids see grown-ups at home eating and enjoying fruits and vegetables, they'll want to try them too.

**ANSWERS**

1. kiwi 5. zucchini 9. eggplant 13. sweet potato 17. pineapple
2. celery 6. cauliflower 10. beets 14. strawberries 18. mango
3. asparagus 7. blueberries 11. cantaloupe 15. watermelon 19. bell pepper
4. spinach 8. cabbage 12. tangerine 16. bell pepper

MESSAGE: Be healthy!