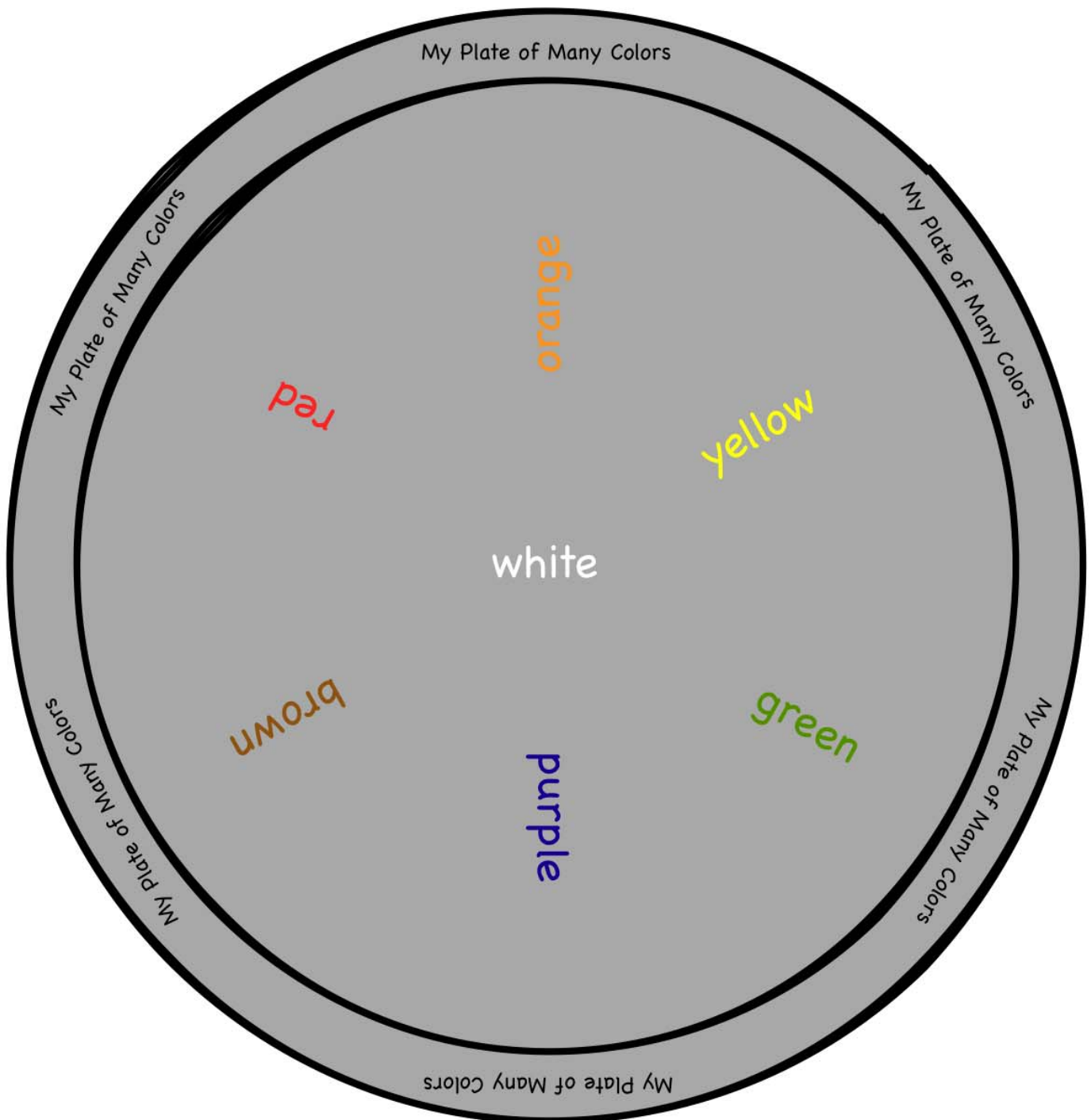


Activity Directions:

Cut out the plate and the food cards. Have the children fill their plates with a rainbow of fruits and vegetables.

Have the children sort the fruit and vegetable cards by color, fruit or vegetable, shape, size, flavor (sweet, sour, bitter...), etc.

Have the children each pick their most favorite vegetables & fruit (i.e. top 5) and display the cards on a chart with their names.





Tomatoes



Red Apples



Blood Oranges



Cherries



Cranberries



Red Grapes



Red Grapefruit



Red Pears



Pomegranates



Raspberries



Strawberries



Watermelon



Beets



Red Peppers



Radishes



Radicchio



Red Onions



Red Potatoes



Rhubarb



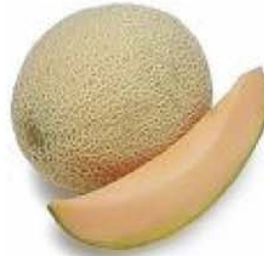
Yellow Apples



Apricots



Cape Gooseberries



Cantaloupe



Yellow Figs



Grapefruit



Golden  
Kiwifruit



Lemons



Mangoes



Nectarines



Oranges



Papayas



Peaches



Yellow Pears



Persimmons



Pineapples



Tangerines



Yellow Watermelon



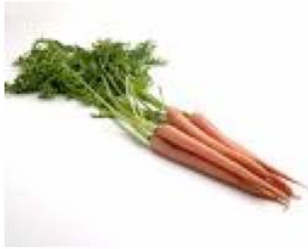
Yellow Beets



Butternut



Pumpkin



Carrots



Rutabagas



Bananas



Garlic



Yellow Peppers



Yellow Summer Squash



Dates



Ginger



Yellow Potatoes



Sweet Corn



White Nectarines



Jerusalem Artichokes



Yellow Winter Squash



Sweet Potatoes



White Peaches



Jicama



Kohlrabi



Yellow Tomatoes



Brown Pears



Cauliflower



Mushrooms



Turnips



Avocados



Limes



Onions



White Corn



Green Apples



Green Peas



Parsnips



Broccoflower



Green Grapes



Arugula



Potatoes



Broccoli



Honeydew



Asparagus



Shallots



Broccoli Rabe



Kiwifruit



Artichokes



Brussels Sprouts



Chayote Squash



Leeks



Green Peppers



Chinese Cabbage



Cucumbers



Lettuce



Snow Peas



Green Beans



Endive



Green Onions



Spinach



Green Cabbage



Blackberries



Okra



Sugar Snap Peas



Celery



Blueberries



Zucchini



Watercress



Black Currants



Black Olives



Purple Belgian Endive



Plums



Elderberries



Purple Asparagus



Purple Peppers



Eggplant



Purple Figs



Purple Cabbage



Purple Potatoes



Purple Cauliflower



Purple Grapes



Purple Carrots



Black Salsify



Purple Onion

My Sources: [http://www.fruitsandveggiesmorematters.org/?page\\_id=1600](http://www.fruitsandveggiesmorematters.org/?page_id=1600) for the color list of foods and <http://images.google.com> for the pictures