

# HEALTHY MONDAY

## Fruits and Vegetables Matching Game

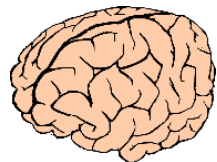
Directions: Read the paragraphs below. Then match the fruit/veggie to the part of the body that it benefits.

Fruits and vegetables are filled with many vitamins, minerals, and fiber. It is important that we eat a variety of fruits and vegetables each day. A good way to know we are eating different types of fruits and vegetables is by “eating the rainbow.” The different colors of fruits and vegetables have different benefits to our health.

For example, **red fruits and vegetables are important for heart health**. Also, they contain a nutrient that helps to fight off different types of cancers as you get older! **Orange fruits and vegetables help us fight off colds and keep our skin and eyes healthy**. **Green fruits and vegetables help with our overall health**. **They contain fiber which improves our digestive system**. **Blue and purple fruits and vegetables help improve your brain**. White fruits and vegetables have nutrients that keep our blood clean and fight off infections. Now that you are able to see that the rainbow can keep you healthy, try eating a variety of fruits and vegetables each day!



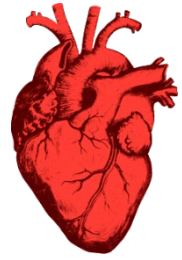
Red fruits and vegetables improve \_\_\_\_\_



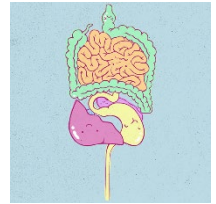
Orange fruits and vegetables improve \_\_\_\_\_



Green fruits and vegetables improve .....



Purple fruits and vegetables improve .....



White fruits and vegetables improve .....

