

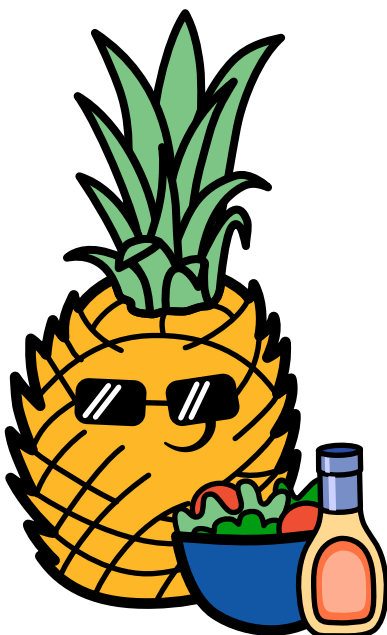
# Fill up on fruits and vegetables!



Eat 5 of more fruits and vegetables every day! A diet full of fruits and vegetables helps you grow and keeps you healthy.



What's your favorite fruit or vegetable?  
**Draw it here!**



## Let's do a taste test!

The new food I tried today was \_\_\_\_\_.

Color in the face that describes how you felt about the new food:

