Greta and Raoul have been thinking about what they would be like if they were a fruit instead of a vegetable. What would you be like if you were a fruit or vegetable?

Use the space below to draw a picture of yourself, then fill in the boxes on the next page to describe yourself in more detail.

If I were a fruit, I'd be a banana because bananas are the most popular fruit in America!

If I were a fruit, I'd be a grape because then I could always hang out with a bunch of my best friends.

If I were a fruit or vegetable, I'd like to be a(n) __________________

Draw a picture of what you'd look like.
If I were a fruit or vegetable, I’d like to be a(n) _____________.

In the spaces below, complete each sentence. Be creative!
There are no right or wrong answers; just use your imagination and have fun!

My friends and I ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

My clothes would be ___________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

After school, I’d spend my time ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

At my birthday party, we’d ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

My best friend would be ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

If people asked me about Fruits & Veggies—More Matters, I’d tell them ________________
___________________________________________________________________________________
___________________________________________________________________________________

If people wanted my autograph, I’d ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

My school would have ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

My hobbies would include ______________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
Bell Pepper Color-by-Numbers

Have fun creating your own rainbow of peppers by completing this color-by-number activity!

Use this color key as a guide: 1=Red  2=Orange or Yellow  3=White or Brown  4=Green  5=Blue or Purple

Color the rest of the scene any way you want.

Did you know . . . bell peppers come in every color of the rainbow? That’s right! There are red, orange, yellow, green, brown, and even purple bell peppers.
Bell Pepper Snack Cups

Green bell peppers filled with a variety of colorful vegetables create a fun snack for kids!

You Will Need:
Cutting board
Knife
Four small plates

Ingredients:
4 green bell peppers
½ cup low-fat ranch dressing
1 red bell pepper, seeded and cut into strips ½ inch wide
12 peeled mini-carrots
2 stalks celery, cut into strips 4 inches long and ½ inch wide
8 asparagus spears, trimmed to 4-5 inches long
1 small jicama, peeled, cut into strips 4 inches long and ½ inch wide

Instructions:
1. Cut the tops off the green bell peppers and remove the seeds.
2. Place bell peppers on small plates. Pour 2 tablespoons ranch dressing into the bottom of each snack cup.
3. Place equal amounts of red pepper strips, mini carrots, celery strips, asparagus spears, and jicama strips into each snack cup. Then start dipping and snacking!

Did you know . . . All bell peppers start out green; the longer they stay on the vine, the riper and sweeter they get. Their final color depends on the variety.
“Berried” Treasure

Berries are bursting with color and nutrients. How many berries can you find in this picture?

Look for blueberries, cranberries, raspberries, and strawberries.
Greta’s Trivia Challenge

Greta wants to test your knowledge of fruit and vegetables!
See how many of the following answers you know.

1. How many seeds are on the outside of a strawberry?
   a) 100  
   b) 200  
   c) 300  
   d) 400

2. When you eat spinach, what part of the plant are you eating?
   a) roots  
   b) stem  
   c) leaves  
   d) seed pod

3. What is the green, leafy top of a pineapple called?
   a) crown  
   b) tiara  
   c) hat  
   d) cap

4. How many plums does it take to make one serving of fruit?
   a) one  
   b) two  
   c) three  
   d) four

5. What is the most popular fruit in the United States?
   a) apple  
   b) orange  
   c) banana  
   d) grapes

6. How long does it take to grow a pineapple?
   a) 6 months  
   b) 12 months  
   c) 18 months  
   d) 24 months

7. What is the most popular vegetable in the United States?
   a) broccoli  
   b) potato  
   c) carrots  
   d) Brussels sprouts

8. Which U.S. state produces the most apples each year?
   a) New York  
   b) California  
   c) Florida  
   d) Washington

9. When you eat celery, what part of the plant are you eating?
   a) roots  
   b) stem  
   c) leaves  
   d) seed pod

10. Are tomatoes a fruit or a vegetable?
    a) fruit  
    b) vegetable

11. Which U.S. state produces the most grapes?
    a) California  
    b) North Dakota  
    c) Oregon  
    d) Texas

12. How many kernels are on the average ear of sweet corn?
    a) 200  
    b) 400  
    c) 600  
    d) 800

13. What’s another name for prunes?
    a) plums  
    b) pods  
    c) peeps  
    d) dried plums

14. What’s the most popular fruit in the world?
    a) banana  
    b) papaya  
    c) mango  
    d) pineapple

15. Which contains more fiber per serving?
    a) raspberries  
    b) apples

16. Which contains more water per serving?
    a) watermelon  
    b) iceberg lettuce

17. Which are the most popular berries in the United States?
    a) raspberries  
    b) blueberries  
    c) strawberries  
    d) blackberries

18. Which contains the most vitamin A per serving?
    a) oranges  
    b) cantaloupe

19. How many different kinds of apples are grown in the United States?
    a) 50  
    b) 2,500  
    c) 150  
    d) 600

20. Which contains more vitamin C per serving?
    a) potatoes  
    b) broccoli
Add color to these trading cards, and then trade with your friends. Look for yummy veggie dip recipes on the back of each card.

### Yaz O’Frazz
- **Nickname:** Yaz-a-doodle-do
- **Birthday:** September 20
- **Hobbies:** basketball, dancing, singing, and writing music
- **Lucky Number:** 4
- **Favorite Game:** musical chairs
- **When I grow up, I want to be:** a star

### Winonna
- **Nickname:** Bananarama
- **Birthday:** June 10
- **Hobbies:** playing soccer, jumping rope, and playing video games
- **Lucky Number:** 3
- **Favorite Game:** bicycle tag
- **When I grow up, I want to be:** a doctor

### Raoul
- **Nickname:** Tomato Sauce
- **Birthday:** July 8
- **Hobbies:** roller skating, basketball, and painting pictures
- **Lucky Number:** 8
- **Favorite Game:** hide and seek
- **When I grow up, I want to be:** an artist

### Greta
- **Nickname:** Green Machine
- **Birthday:** March 30
- **Hobbies:** playing tennis, hopscotch, and creating new recipes
- **Lucky Number:** 5
- **Favorite Game:** bicycle tag
- **When I grow up, I want to be:** a chef

### Big Pauly
- **Nickname:** Little Blue
- **Birthday:** May 5
- **Hobbies:** skateboarding, reading comic books, and talking with my friends
- **Lucky Number:** 7
- **Favorite Game:** table tennis
- **When I grow up, I want to be:**

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These yummy dips are great with raw veggies. Try asparagus spears, bell pepper strips, jicama strips, snow pea pods, cherry tomatoes, baby carrots, zucchini sticks, or radishes.

**Nutty Honey Dip**
Makes 16 servings
2 tablespoons per serving

**Ingredients**
- 1½ cups peanut butter
- ½ cup honey

**Instructions**
1. Blend all ingredients in a small microwave-safe bowl.
2. Heat dip in microwave for 30 seconds or until it reaches a consistency that allows for easy dipping.
3. Stir before serving.

**Pineapple Salsa Dip**
Makes 8 servings
¼ cup per serving

**Ingredients**
- 2 8 oz. cans crushed pineapple
- 1 cup thick and chunky salsa
- 1 tablespoon packed brown sugar
- 1 teaspoon grated fresh ginger root OR ½ teaspoon ground ginger

**Instructions**
Combine all ingredients in a small bowl.

**Super Creamy Spinach Dip**
Makes 8 servings · ¼ cup per serving

**Ingredients**
- 1 6 oz. pkg. Spinach Salad Blend
- 1½ cups prepared low-fat ranch dressing

**Instructions**
1. Place spinach in a microwave-safe dish; add 3 tablespoons water.
2. Cover and microwave on high for 3 minutes. Cool, drain, and squeeze dry.
3. Chop into small pieces.
4. Mix salad dressing and spinach in a small bowl.

**Green Monster Dip**
Makes 8 servings
¼ cup per serving

**Ingredients**
- 1 ripe avocado, peeled and seeded
- 1 tablespoon fresh lemon or lime juice
- ¼ teaspoon salt

**Instructions**
Mash together all ingredients in a small bowl.

**Yogurt Garlic Dip**
Makes 6 servings
¼ cup per serving

**Ingredients**
- 1½ cups low-fat yogurt, plain
- 1 clove of garlic, mashed
- 1 tablespoon olive oil
- ½ teaspoon salt

**Instructions**
Combine all ingredients in a small bowl and stir.

**Lima Bean Dip**
Makes 8 servings
¼ cup per serving

**Ingredients**
- 1 can lima beans, rinsed
- 3 tablespoons sesame seeds, toasted
- ¼ cup lemon juice
- 1 tablespoon olive oil
- ¾ teaspoon salt
- 1 clove of garlic, mashed

**Instructions**
Combine all ingredients in a blender and blend until smooth.
Fit Fun Kids

Fit Kids love to be active. You can be a Fit Kid, too! You just need to find a few activities you love to do, and then do them as often as possible to keep your heart healthy and your body strong. Remember, it doesn’t matter what you do—you just gotta move!

Here are some Fit Kid Ideas for you:

Grab a racquet, and really whack it!
Catch some waves.
Walk through a maze.
Take a hike or ride a bike!
Walk or run.
Just have some fun!
Which colorful fruit and vegetables should Raoul buy?
Help him by filling in this list with your favorite fruit and vegetables in each color group.

<table>
<thead>
<tr>
<th>Color</th>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Red Apples</td>
<td>Red Bell Peppers</td>
</tr>
<tr>
<td></td>
<td>Oranges</td>
<td>Carrots</td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td>Oranges</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yellow/White/Blue/White/Purple</td>
</tr>
<tr>
<td>White/Brown</td>
<td>Bananas</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Green</td>
<td>Green Grapes</td>
<td>Collard Greens</td>
</tr>
<tr>
<td>Blue/Purple</td>
<td>Raisins</td>
<td>Purple Cabbage</td>
</tr>
</tbody>
</table>

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Draw a Rainbow in Your Cart

What are your favorite fruit and vegetables? Use this page to draw a rainbow of fruit and vegetables you’d like to see in your family’s shopping cart.
Eat your colors every day to stay healthy and fit

**RED**
- **FRUIT**
  - Blood Oranges
  - Cherries
  - Cranberries
  - Juniper Berries
  - Lingonberries
  - Loganberries
  - Mulberries
  - Pink/Red Grapefruit
  - Pomegranates
  - Raspberries
  - Red Apples
  - Red Currants
  - Red Grapes
  - Red Pears
  - Salmon Berries
  - Strawberries
  - Watermelon

- **VEGETABLES**
  - Beets
  - Chili Peppers
  - Red Peppers
  - Radishes
  - Radicchio
  - Red Onions
  - Tomatoes
  - Rhubarb

**YELLOW/ORANGE**
- **FRUIT**
  - Apricots
  - Cantaloupe
  - Cape Gooseberries
  - Golden Kiwifruit
  - Grapefruit
  - Lemons
  - Mangos
  - Nectarines
  - Oranges
  - Papayas
  - Peaches
  - Persimmons
  - Pineapples
  - Tangerines
  - Yellow Apples
  - Yellow Figs
  - Yellow Pears
  - Yellow Watermelon

- **VEGETABLES**
  - Butternut Squash
  - Carrots
  - Orange Peppers
  - Orange Tomatoes
  - Pumpkin
  - Rutabagas
  - Sweet Corn
  - Sweet Potatoes
  - Yellow Beets
  - Yellow Peppers
  - Yellow Potatoes
  - Yellow Summer Squash
  - Yellow Tomatoes
  - Yellow Winter Squash

**WHITE/BROWN**
- **FRUIT**
  - Asian Pear
  - Bananas
  - Brown Pears
  - Coconut
  - Dates
  - Durian
  - Dried Figs
  - Golden Raisins
  - Lychee
  - Star Fruit
  - White Grapefruit
  - White Nectarines
  - White Peaches

- **VEGETABLES**
  - Celeriac
  - Cauliflower
  - Endive
  - Fennel
  - Garlic
  - Ginger
  - Jerusalem Artichokes
  - Jicama
  - Kohlrabi
  - Leeks
  - Mushrooms
  - Onions
  - Parsnips
  - Potatoes
  - Shallots
  - Taro
  - Turnips
  - White Asparagus
  - White Corn

**GREEN**
- **FRUIT**
  - Avocados
  - Green Apples
  - Green Grapes
  - Green Pears
  - Honeydew
  - Kiwifruit
  - Limes

- **VEGETABLES**
  - Artichokes
  - Arugula
  - Asparagus
  - Broccoflower
  - Broccoli
  - Broccoli Rabe
  - Brussels Sprouts
  - Celery
  - Chayote Squash
  - Chinese Cabbage
  - Collard Greens
  - Cucumbers
  - Green Beans
  - Green Cabbage
  - Green Onions
  - Green Peppers
  - Kale
  - Lettuce
  - Okra
  - Peas
  - Snow Peas
  - Spinach
  - Sugar Snap Peas
  - Watercress
  - Zucchini

**BLUE/PURPLE**
- **FRUIT**
  - Blackberries
  - Black Currants
  - Blueberries
  - Concord Grapes
  - Dried Plums
  - Elderberries
  - Passion Fruit
  - Purple Figs
  - Purple Grapes
  - Raisins

- **VEGETABLES**
  - Black Salsify
  - Eggplant
  - Purple Peas
  - Purple Potatoes
  - Purple Asparagus
  - Purple Endive
  - Purple Cabbage
  - Purple Carrots
  - Purple Peppers

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