Fantastic Fuel: Healthy Eating

Color each fruit or vegetable below.
Eating a wide variety of different colors helps you grow up healthy!

lettuce

carrot

broccoli

watermelon

brussels sprout

pear

bell pepper

squash

apple

beet

celery

strawberry

raspberry

orange

peas

pineapple

blackberry

blueberries

bananas

SNOHOMISH COUNTY HEALTH DEPARTMENT