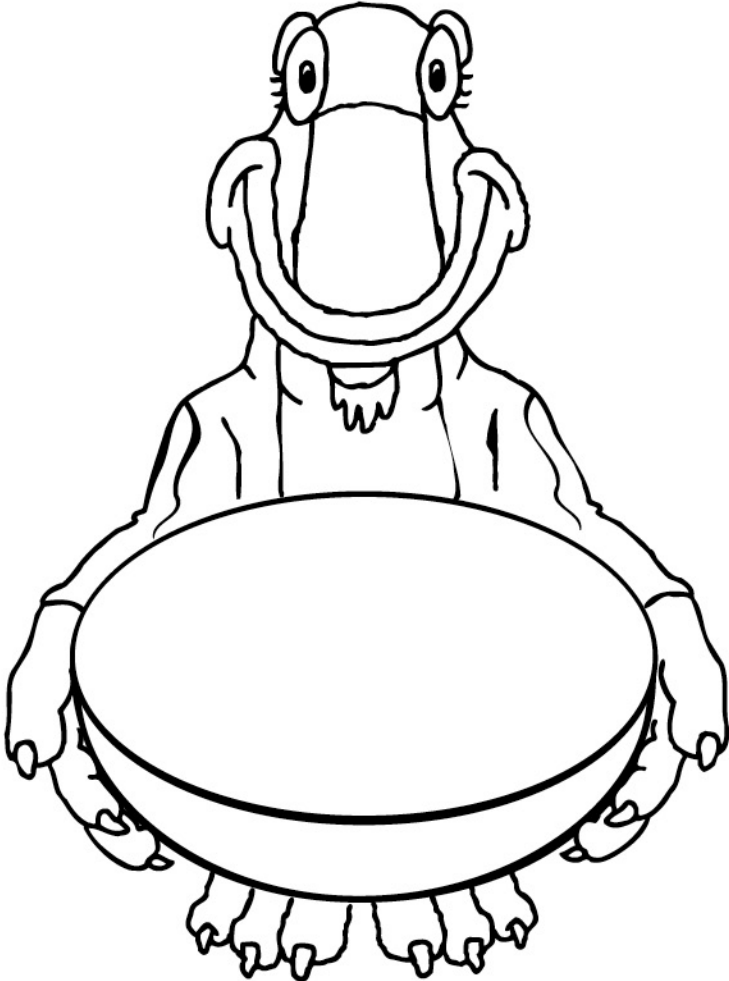


This book belongs to: _____

We know a lot about fruits and vegetables,
cold and hot.

Fruits and veggies come in many sizes and
lots of colors (and some surprises)!



Draw some fruits and vegetables in the bowl.

We've made snacks with peppers and broccoli too.

We've tried some foods that were brand new.

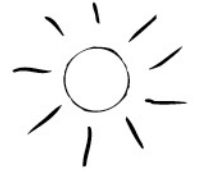
We've done some mixing,
stirring and cooking.

Our snacks were tasty
and yummy looking!



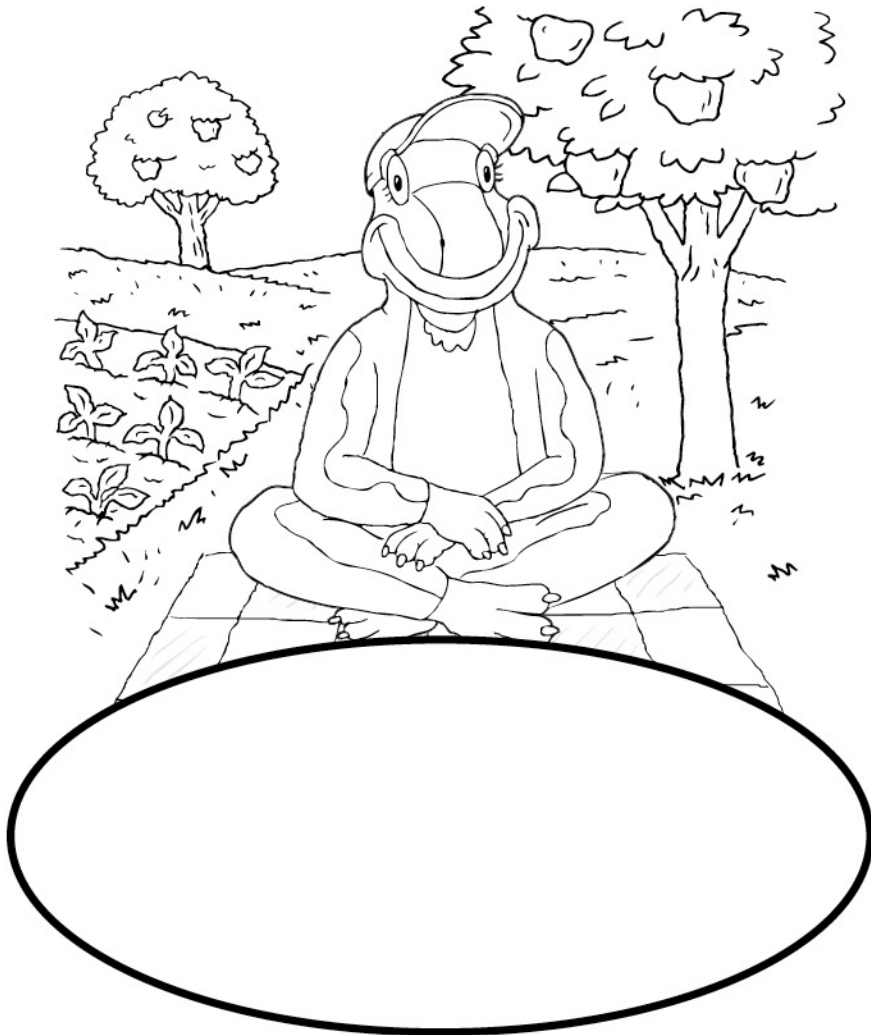
Draw a picture of a fruit or vegetable snack that you made.

We have learned how fruits and vegetables grow. They start from seeds – that's what we know. They need water and soil, air and sun to grow fruits and vegetables for everyone.



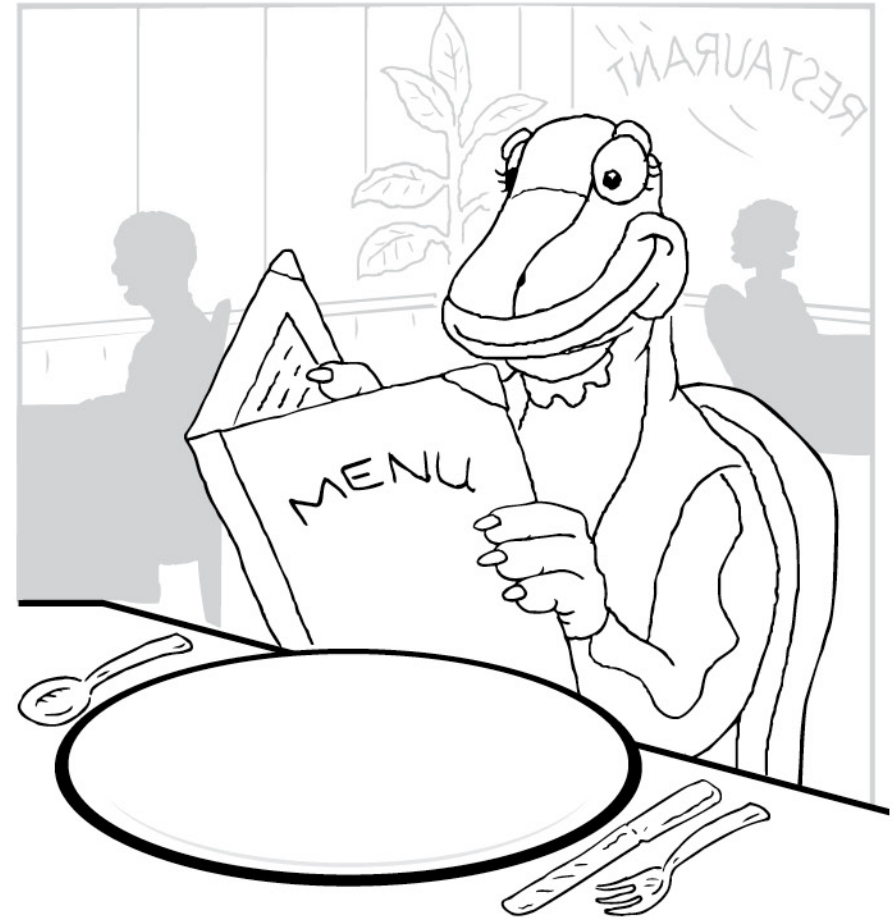
Draw a picture of a fruit or vegetable growing.

Some foods have outsides that we don't eat even though their insides are juicy and sweet. Some vegetables grow below the ground. Some fruits grow high on trees we've found.



Draw a fruit or vegetable that has an outside skin you can eat.

Animals eat fruit and vegetables too. They live in woods and jungles and in the zoo. Iguanas like oranges, rabbits like carrots. There's salad for turtles and seeds for parrots.



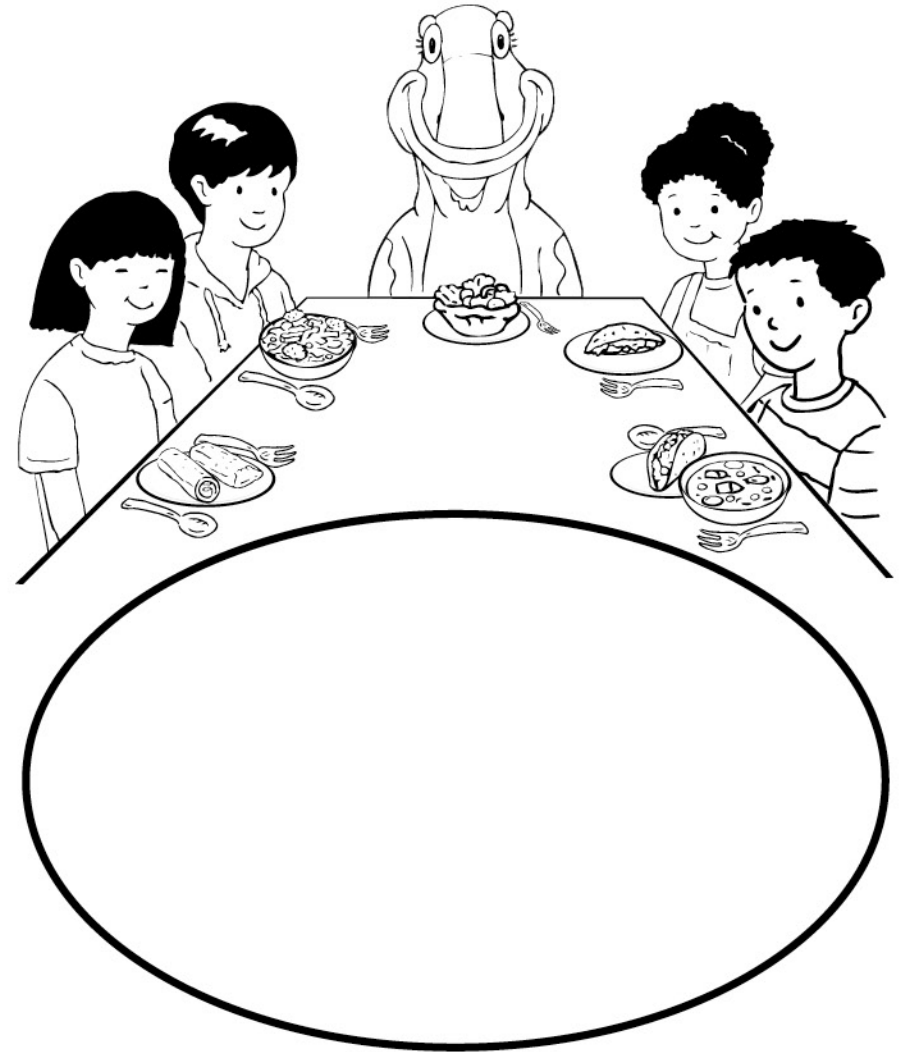
Draw a meal of fruits and vegetables on Lana's plate.

Our senses tell us about food we eat, Our mouths tell us what's sour and sweet. We touch with our hands, with our nose we smell. We hear carrots crunch – our eyes see them well.



Draw a new fruit or vegetable you like to taste inside of the gift box.

Fruits and vegetables are for me and you. Eat them raw or mixed in a stew. We can eat them in wraps or with sauce and spice, with tortillas, pita, noodles or rice.



Draw fruits or vegetables that you tried at school on the empty plate.

We can eat them for breakfast, lunch and dinner. They make every meal a winner. We love fruits and vegetables!

Yes, it's true! They're great for kids and grown-ups too!

My favorite for:

Breakfast:

Lunch:

Dinner:



Draw a picture of yourself and your family.

Learning About Nutrition through Activities (LANA) is a program of the Minnesota Department of Health (MDH). The development and evaluation of the LANA Program was funded by a grant from the National Cancer Institute (R01 CA59805) to the MDH. Dissemination of the program is funded by Minnesota's Statewide Health Improvement Program.

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