

Grocery Store Scavenger Hunt

Search the grocery store for a rainbow of fruits and veggies!
Learn that every color strengthens a different part of your body.

.....

Find fruits and veggies of each color. List as many as you can find!

Strong heart!

Red

Strong eyes!

Orange/Yellow

Strong bones!

Green

Strong brain!

Blue/Purple

Challenge: Build a meal with the full rainbow of fruits and veggies!
Why is it important to eat all the colors?

