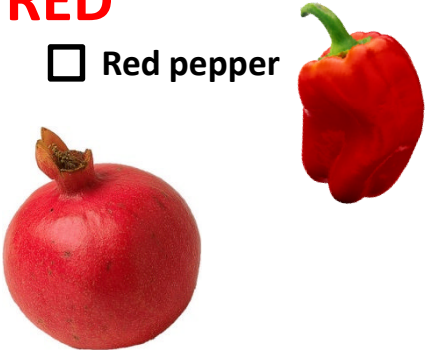


Nutrition Adventures: All the Colors of the Supermarket

This is a Supermarket Scavenger Hunt! As you make your way around the grocery, find the two fruits and/or vegetables listed for each “power color.” Check each item off as you go. It’s good for our body to eat fruits and veggies of all the colors of the rainbow. Each color has different powers to help you stay healthy.

RED

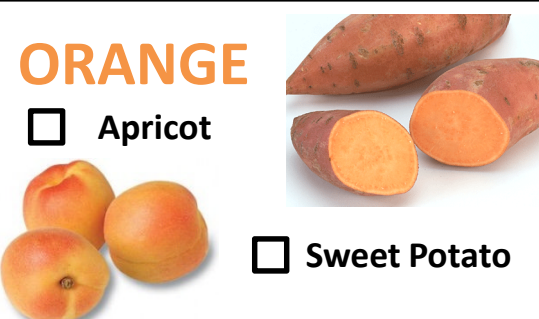
Red pepper



Pomegranate

ORANGE


Apricot



Sweet Potato

YELLOW

Pineapple




Yellow squash




GREEN

Avocado




Green onions




BLUE/PURPLE

Eggplant




Blueberries




WHITE

Cauliflower



Parsnips



**Depending on the time of year, these foods may be out of season and hard to find. In this case, try finding them in another form, like frozen or dried. In a pinch, try canned or jarred – but watch the salt and sugar!