

Rainbow - Healthy Green Vegetables



Something has happened to the rainbow! The color green is missing!

Help Katlin convince her lucky green friends to color the rainbow with green by answering these questions.

Which green friend is not a vegetable but really a fruit? Draw an X on it.

Can you find the artichoke? Draw a square around it.

Which vegetable is like a little tree and is full of vitamin C? Draw a circle around it.

How often should you eat green vegetables? Every day!

Now draw in the green stripe on the rainbow and remember to color your plate like a rainbow!



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