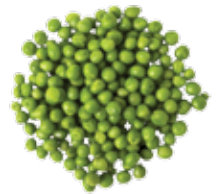


Flash Cards

A TOOLKIT FOR ONTARIO CHILD CARE PROVIDERS

Use these flash cards to play games and do activities
promoting brightly coloured vegetables and fruit!



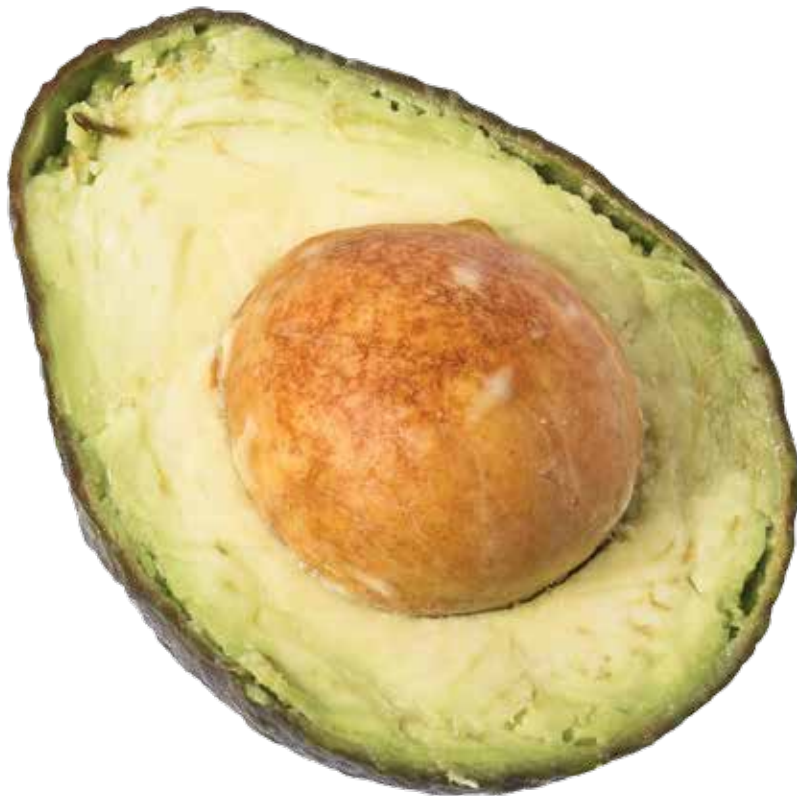
Ontario Dietitians in Public Health
Diététistes en santé publique de l'Ontario
odph.ca





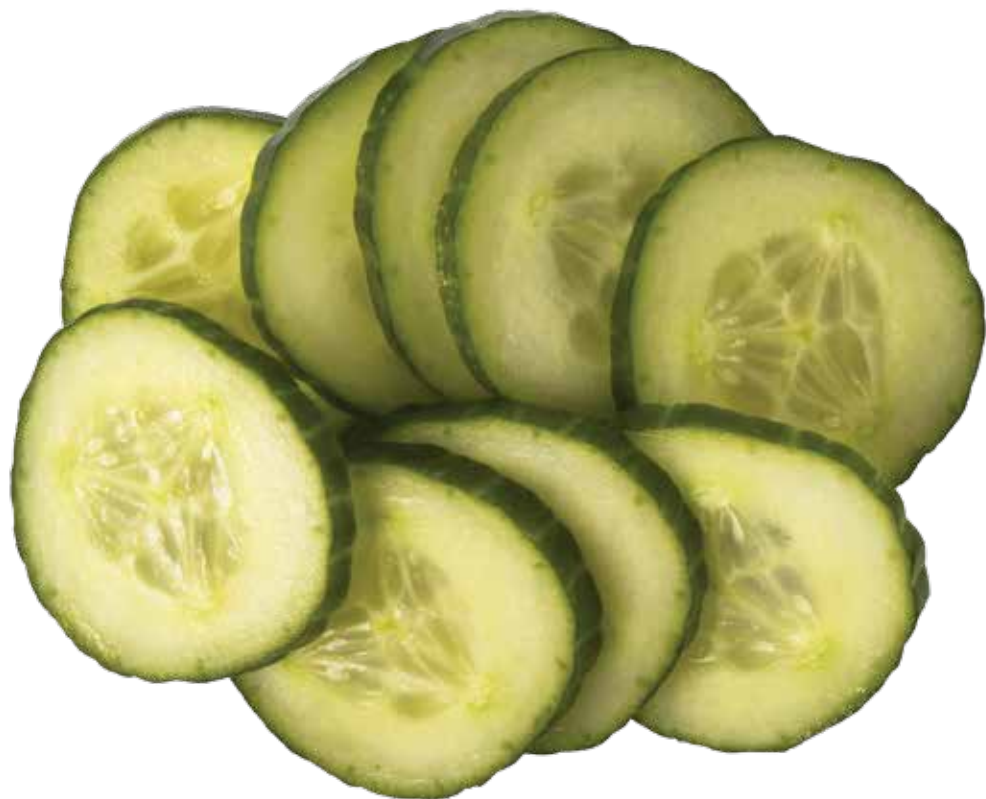
Brussels sprouts

asparagus



broccoli

avocado



cucumber

green apple



green cabbage

green beans



green peas

green pepper



kiwi

lettuce



spinach

zucchini



beets

cherries



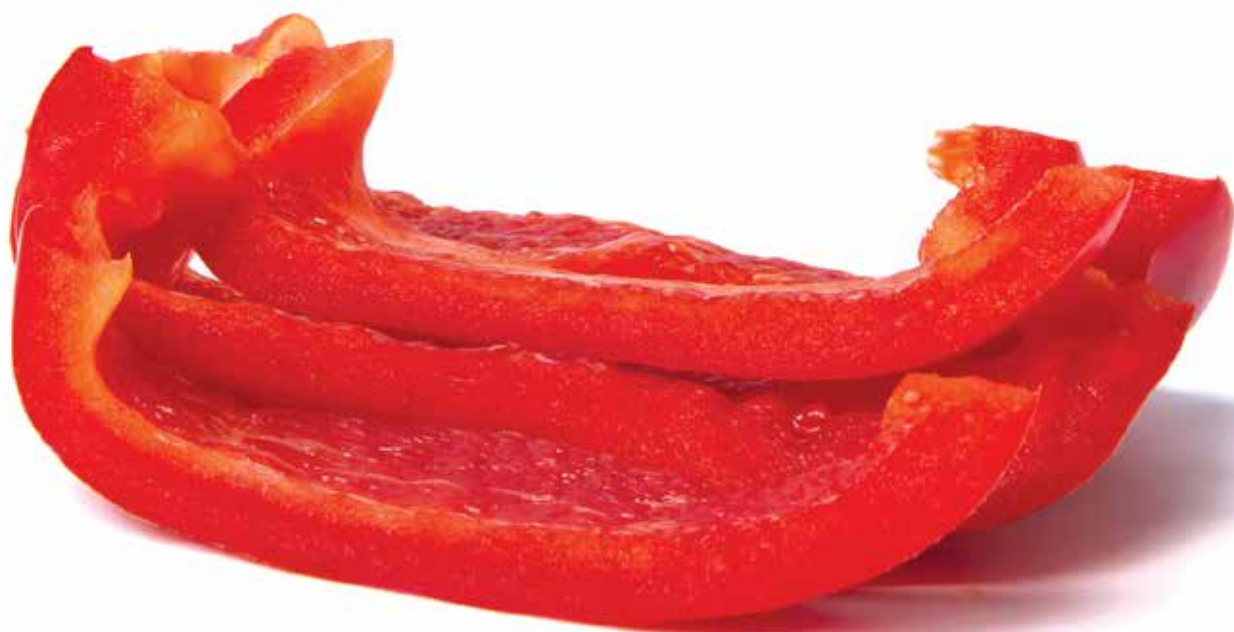
cranberries

grapefruit



red grapes

radishes



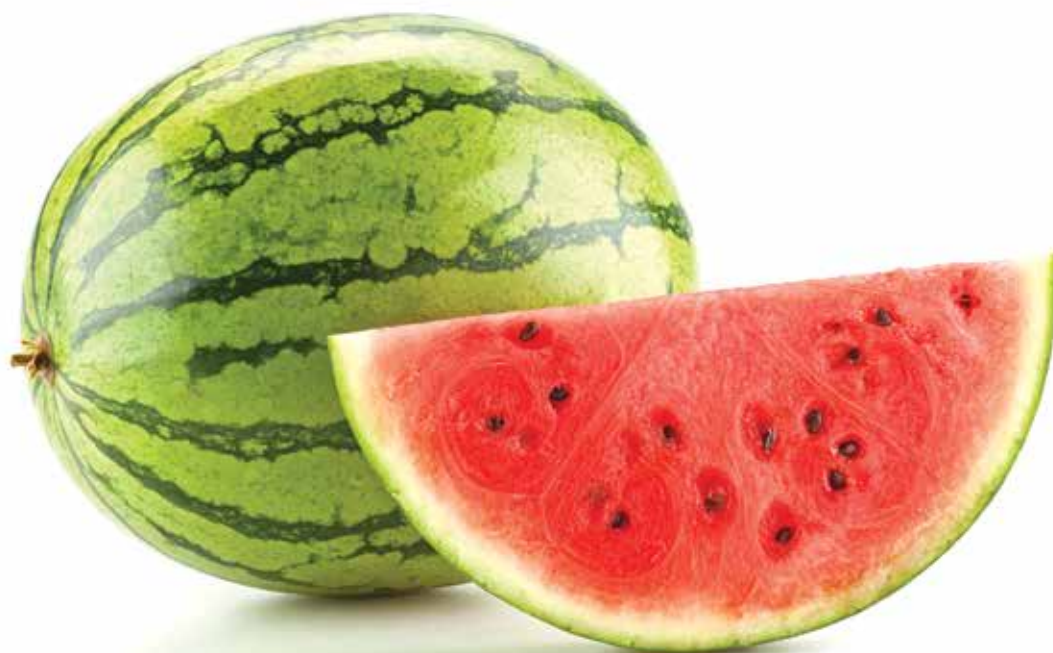
raspberries

red pepper



strawberries

tomato



watermelon

blueberries



blackberries

eggplant



plum

purple cabbage



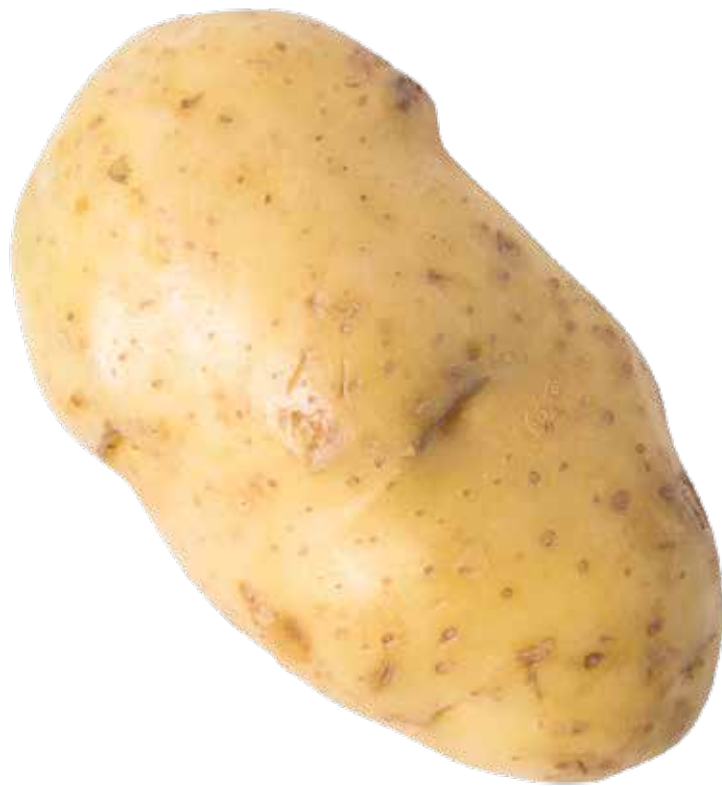
cauliflower

mushrooms



onion

pear



potato

turnip



banana

sweet potato



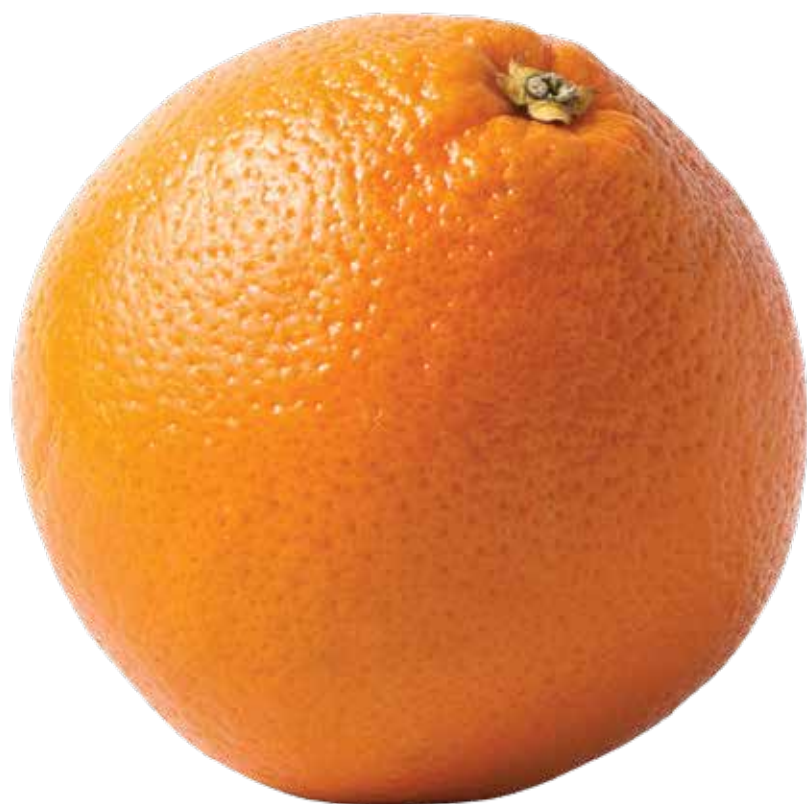
apricot

cantaloupe



carrot

nectarine



orange

papaya



peach

squash



yellow pepper

lemon



corn

pineapple