Paint your plate WITH VEGETABLES AND FRUIT

ALPHABET

Aa is for avocado

Bb is for broccoli

Cc is for cherries

Dd is for dragon fruit

Ee is for eggplant

Ff is for figs

Gg is for green beans

Hh is for honeydew melon

Ii is for iceberg lettuce

Jj is for Jerusalem artichoke

Kk is for kiwi

Ll is for lemons

Mm is for mushrooms

Nn is for nectarines

Oo is for onions

Pp is for peppers

Qq is for quince (like an apple or pear but can't be eaten raw)

Rr is for raspberries

Ss is for spinach

Tt is for turnip

Uu is for ugli fruit

Vv is for Valencia oranges

Ww is for for watermelon

Xx is for xigua (Did you know that Xigua is Chinese for watermelon?)

Yy is for yams

Zz is for zucchini

HEALTHY KIDS COMMUNITY CHALLENGE