

Name: _____



Color a Healthy Human

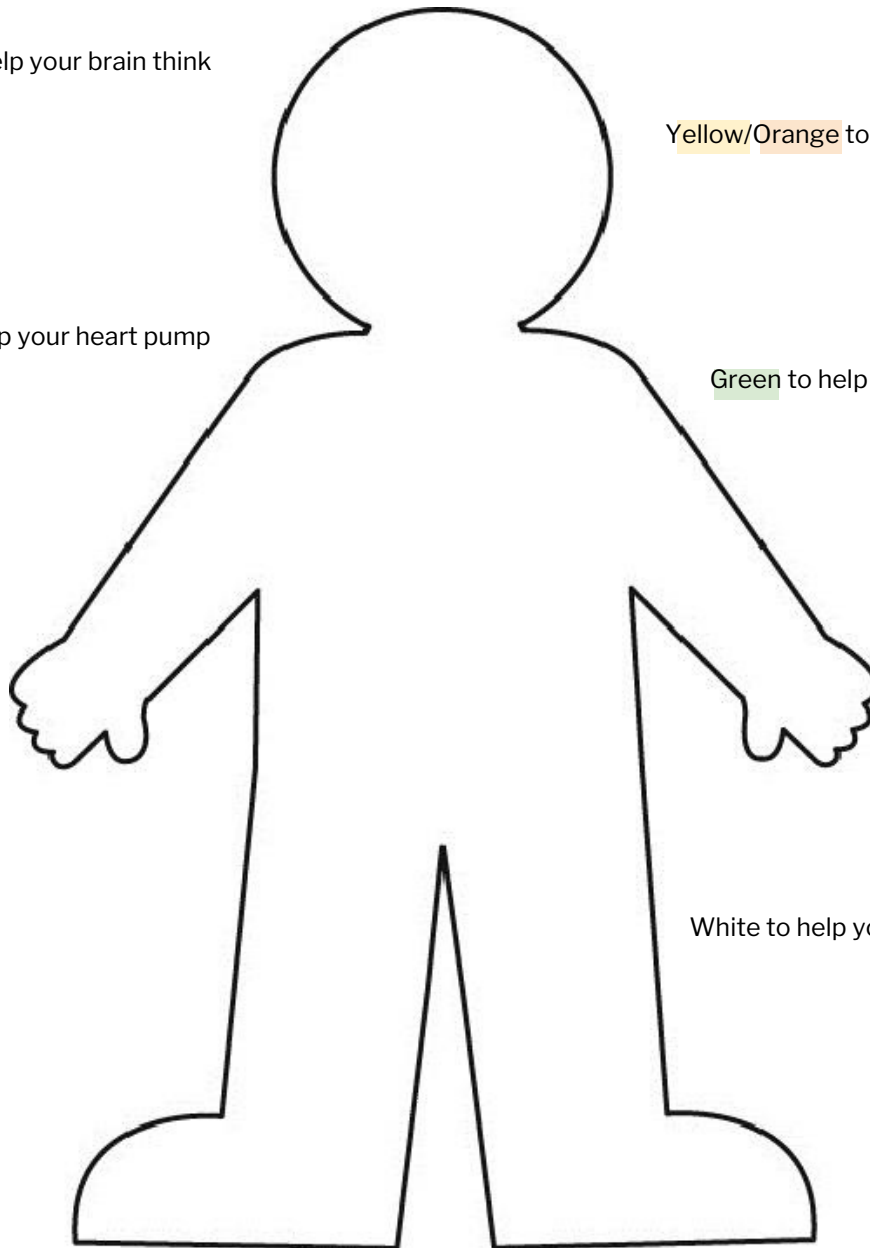
The color of a fruit or vegetable is a clue to the nutrients inside.
Each color and each nutrient helps a different part of your body.
Color in the part of your body that is helped by that color fruit or vegetable.

Purple/Blue to help your brain think

Yellow/Orange to help your eyes see

Red/Orange to help your heart pump

Green to help your lungs breathe



White to help your bones be strong