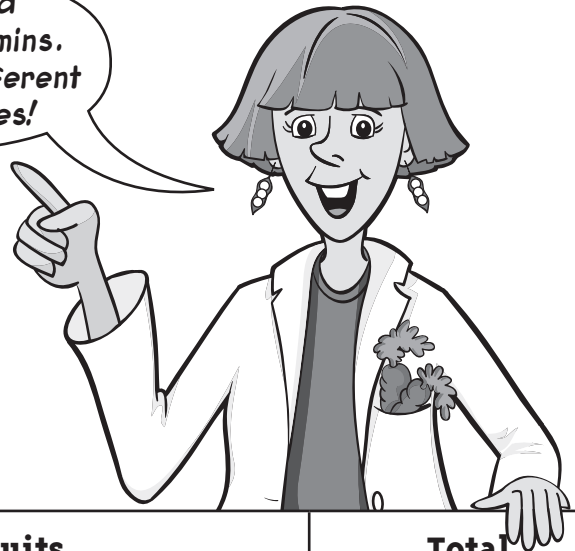


Name _____

Healthful Living
Completing a chart

Different colors of fruits and vegetables have different vitamins. It is important to eat lots of different colors of fruits and vegetables!

EATING A RAINBOW OF FRUITS AND VEGGIES



Complete the chart for one week.
Write each fruit or vegetable you eat in the matching row.

Color	Vegetables or Fruits	Total
Red		
Orange		
Yellow		
Green		
White		
Other		

BONUS: Use the chart to graph your results. Which color should you add more of to your diet? Which color do you eat the most of?