











## BINGO!

Colour your world by eating a variety of colorful fruits and vegetables!

To get BINGO, you must complete every activity and cross it off. Once you have BINGO, give your sheet to your teacher who will enter it in a draw to win a prize!

<p>Tell someone that red vegetables and fruit promote heart health.</p>	<p><b>Try Strawberries</b></p> 	<p>Tell someone that blue and purple vegetables and fruit may help maintain memory.</p>	<p><b>Try Raisins</b></p> 
<p><b>Try Kiwi</b></p> 	<p><b>Try a Yellow Apple</b></p> 	<p><b>Try Cooked Kale</b></p> 	<p>Tell someone that yellow and orange vegetables and fruit may reduce the risk of certain cancers.</p>
<p><b>Try White Beans</b></p> 	<p><b>Try Blueberries</b></p> 	<p>Tell someone that green vegetables and fruit promote vision health.</p>	<p><b>Try Purple Cabbage</b></p> 
<p><b>Try Raw Cabbage</b></p> 	<p>Tell someone that white vegetables and fruit promote healthy cholesterol levels.</p>	<p><b>Try Yellow Bell Pepper</b></p> 	<p><b>Try Red Beans</b></p> 