



Fruit or Vegetable?

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**Is a tomato a fruit
or a vegetable?**



Fruit!

People think tomatoes are vegetables.

Tomatoes grow from flowers and contain seeds, which means they are actually a fruit!



Fruit or Vegetable?

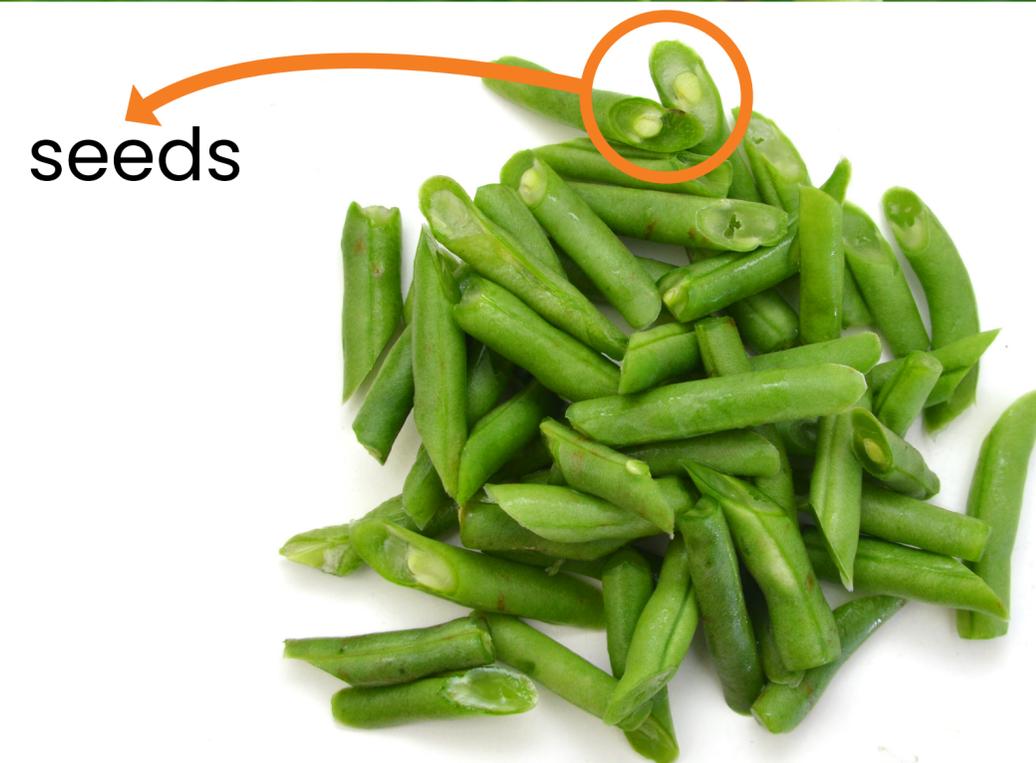
**Are green beans
a fruit or a
vegetable?**



Fruit!

Just like a tomato, green beans grow from flowers and contain seeds.

They are also a fruit!



Cucumbers, squash, and peppers are all fruits, too!



cucumbers



squash



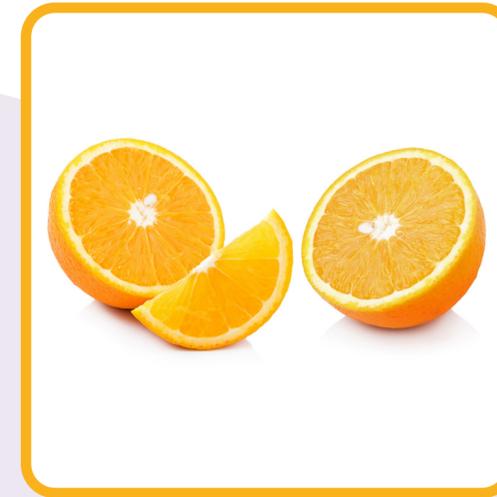
peppers



Fill 'Er Up

Stop and think about your food choices!

Are you filling your tank with nutritious fuel for your body?



WHAT FUEL WILL YOU CHOOSE FOR YOUR MEALS? WHAT ABOUT YOUR SNACKS?



Healthy Choices Every Day

Each mealtime is a time for you to choose healthy foods that fuel your body. Aim for three meals a day and an afternoon snack.



breakfast



lunch



dinner



snack

Healthy Food Hunt

Can you find nutritious food choices?



If you find nutritious foods that are not pictured, write or draw them on the back of your handout.

Name _____

Healthy Food Hunt

Use this chart to hunt for nutritious foods.
Circle each food you find!

| | | | | | |
|---|--|--|---|---|--|
| Fruits  bananas |  orange |  apple | Dairy  milk |  cheese |  yogurt |
| Grains  grain bread |  oats |  popcorn | Proteins  beans |  eggs | Vegetables  broccoli |
|  chicken | | | | |  carrots |
| | | | | |  leafy greens |

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