Name _____ Date _____

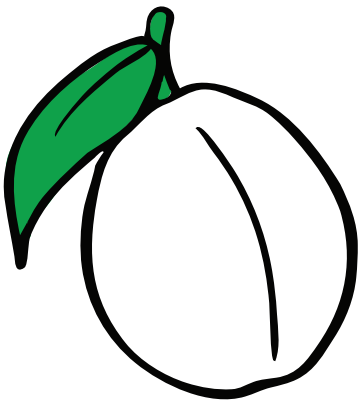
Purple Stew: Eat the Rainbow!

Check out **Purple Stew** on the **Moose Tube** channel.

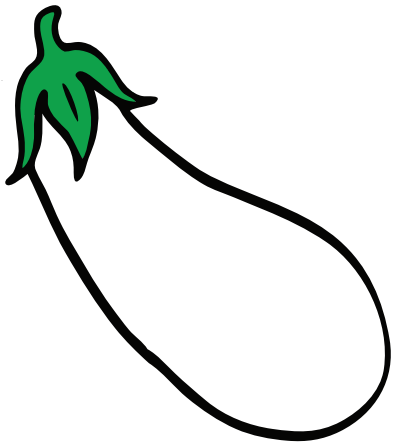
Fruits and vegetables come in all different colors, and each color food is packed with different nutrients and vitamins. That's why it's important to eat all different colors of food! In the chart below, draw and label two fruits or vegetables of each color.

Red Fruits and Vegetables		
Orange Fruits and Vegetables		
Yellow Fruits and Vegetables		
Green Fruits and Vegetables		

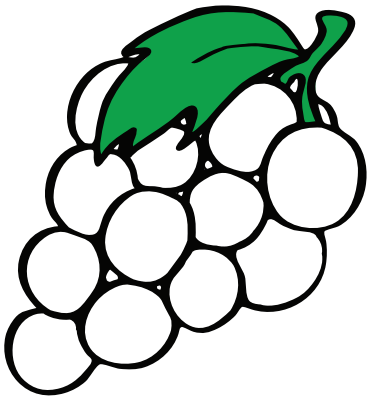
Moose Fabio needs your help making a purple stew! He already has purple meatballs and purple lizards, but now he needs some purple fruits and vegetables! Color in the purple fruits or vegetables for his stew.



Plum



Eggplant



Grapes