

Coloring Book

# 5-A-DAY

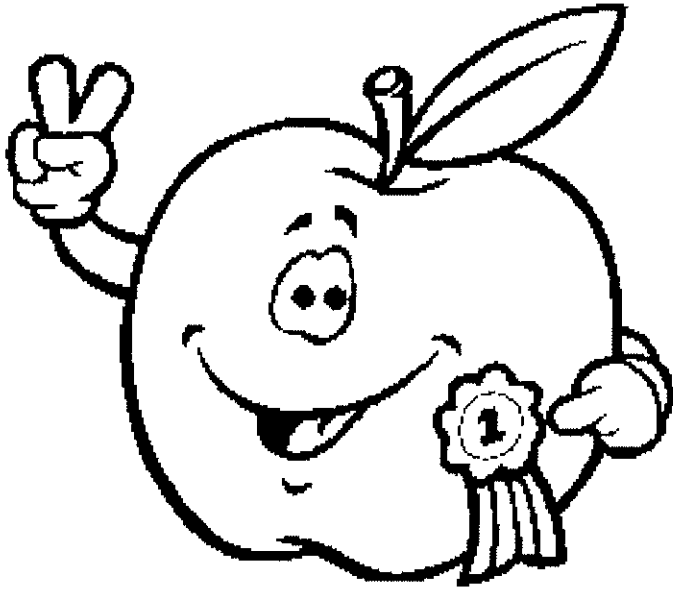
## Fruits and Vegetables



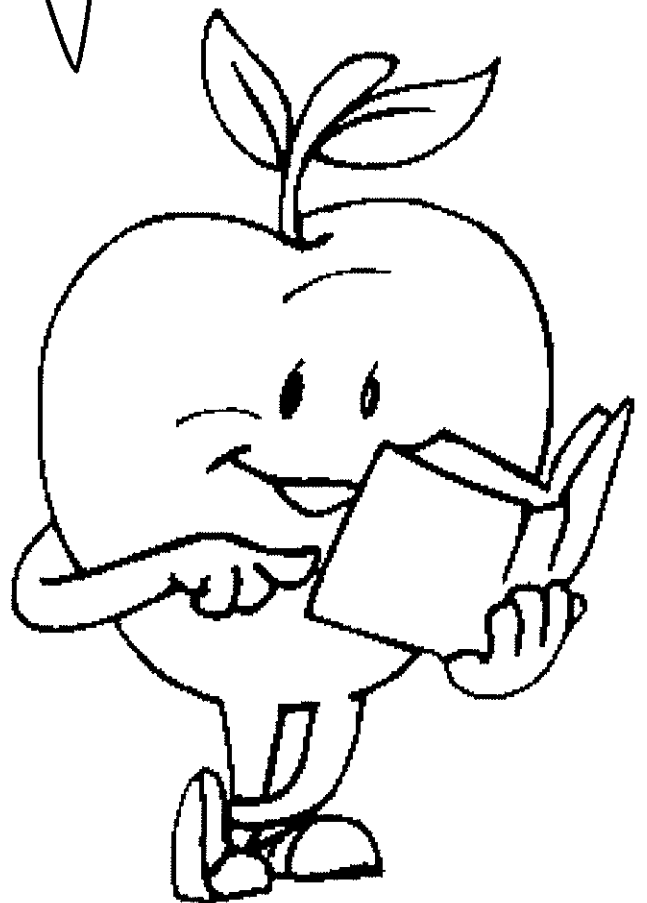
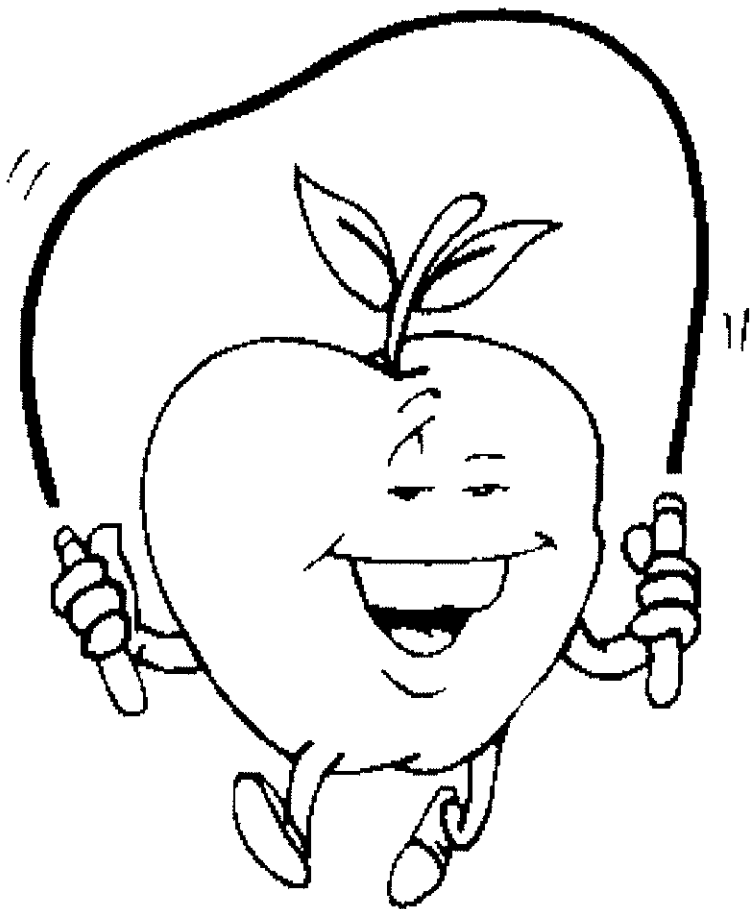
**EAT HEALTHY • STAY HEALTHY**



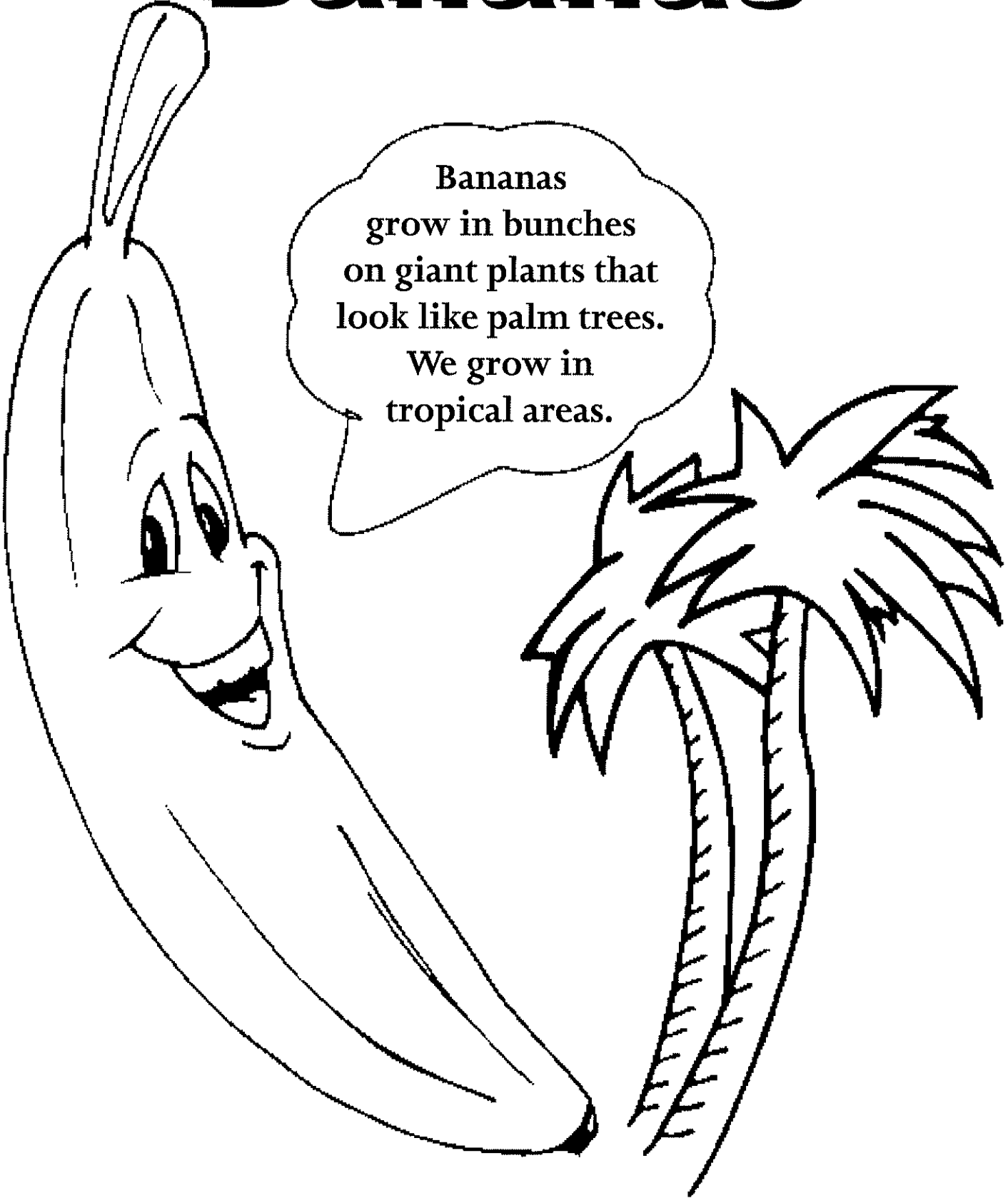
# Apples



Apples  
grow in fields  
full of fruit trees,  
called orchards.  
Try an apple for an  
afternoon snack!



# Bananas

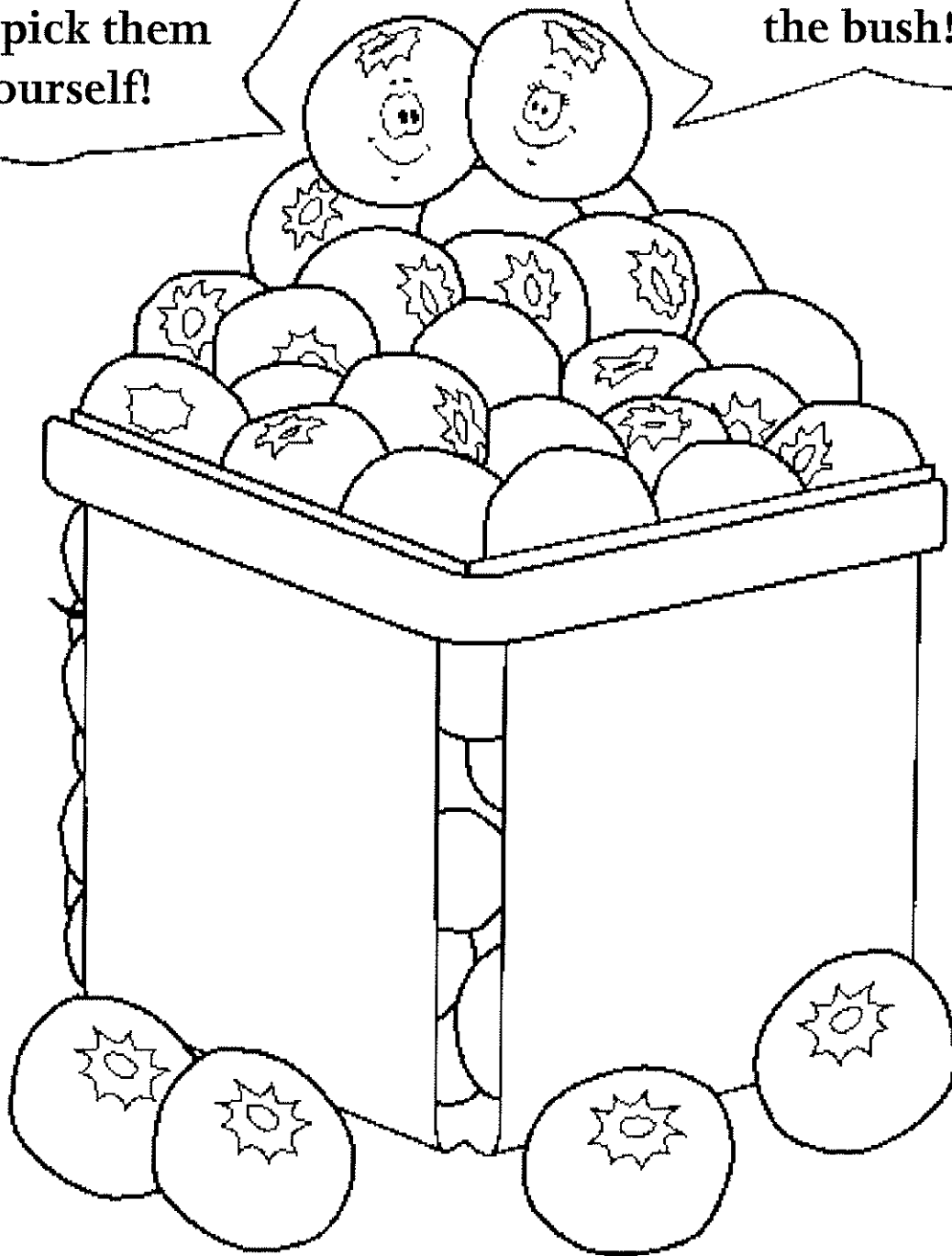
A black and white line drawing of a banana with a smiling face, looking towards a palm tree. A speech bubble is positioned between them.

Bananas  
grow in bunches  
on giant plants that  
look like palm trees.  
We grow in  
tropical areas.

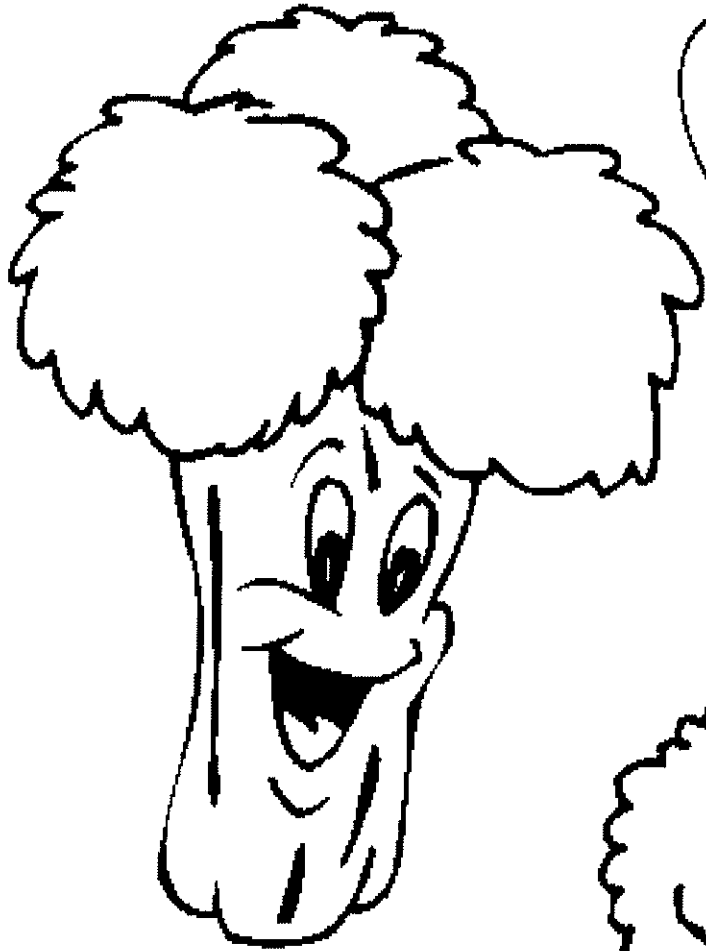
# Blueberries

Most  
blueberries are  
grown on “U-Pick”  
farms. That means  
you pick them  
yourself!

Blueberries  
grow on bushes.  
Pick me!  
I taste best right off  
the bush!

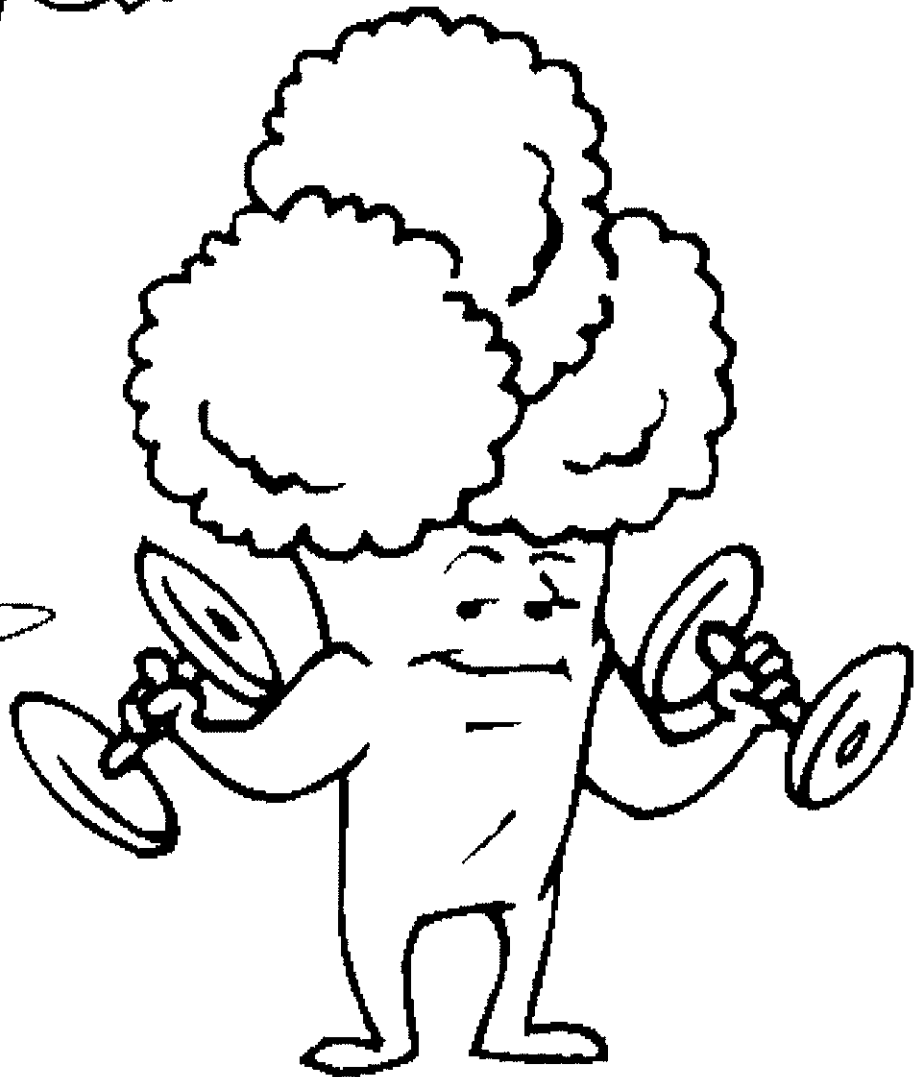


# Broccoli



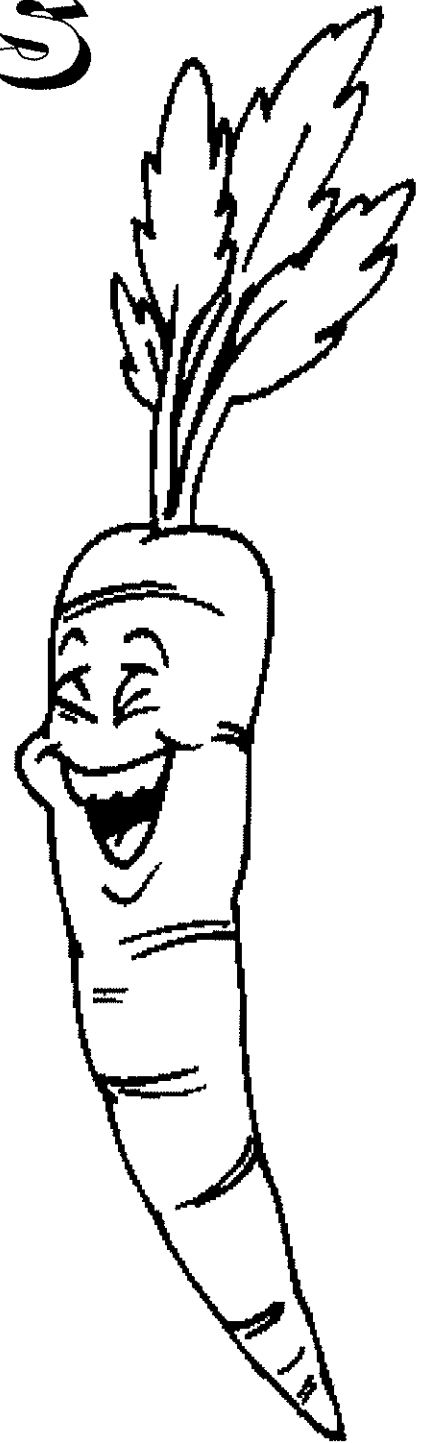
Broccoli has its food on its head. But you can also eat its bright green stalks.

Broccoli has lots of vitamin A!



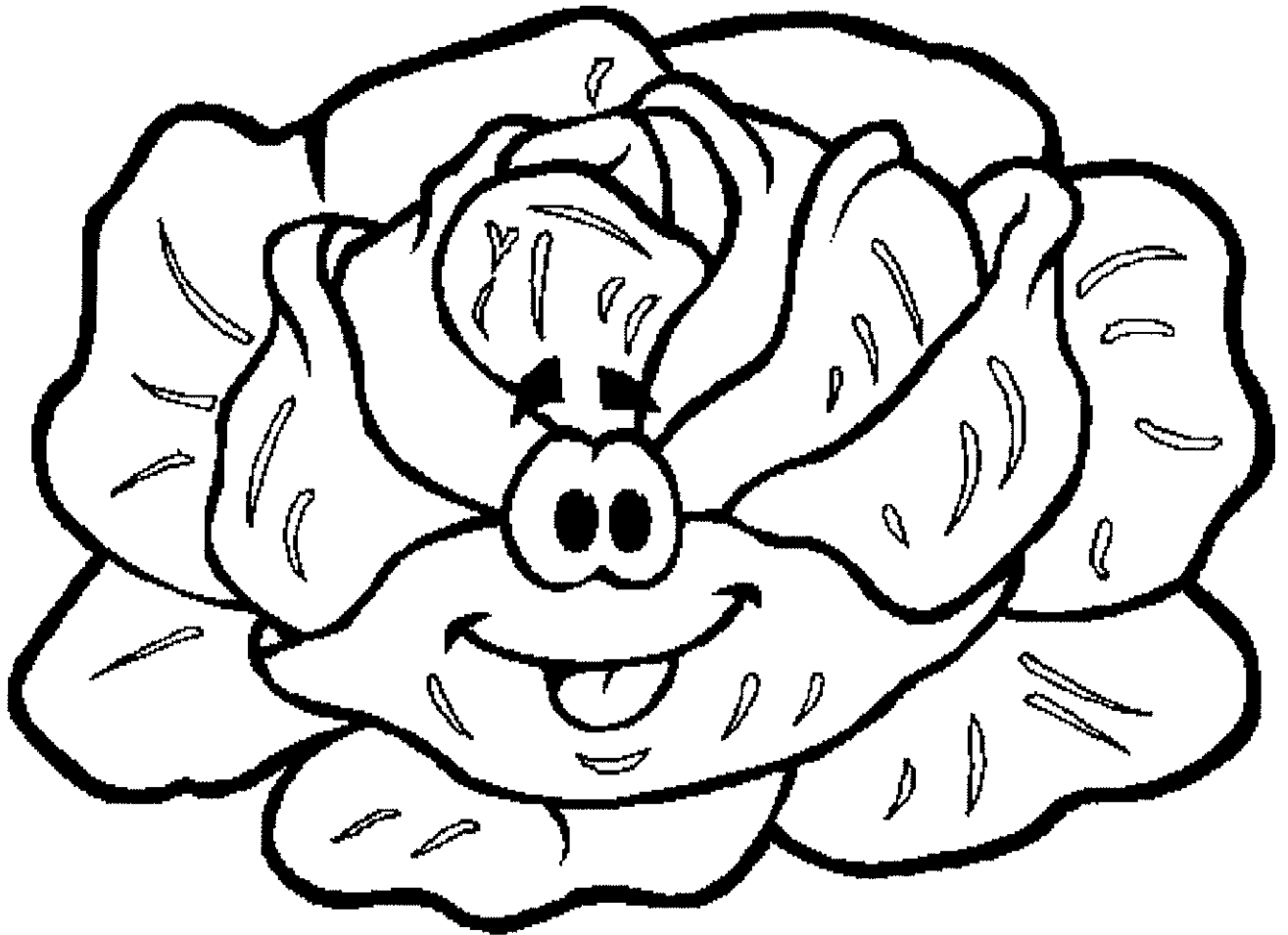
# Carrots

Carrots are roots that  
grow underground.  
Carrots have lots of  
vitamin A.



# Cabbage

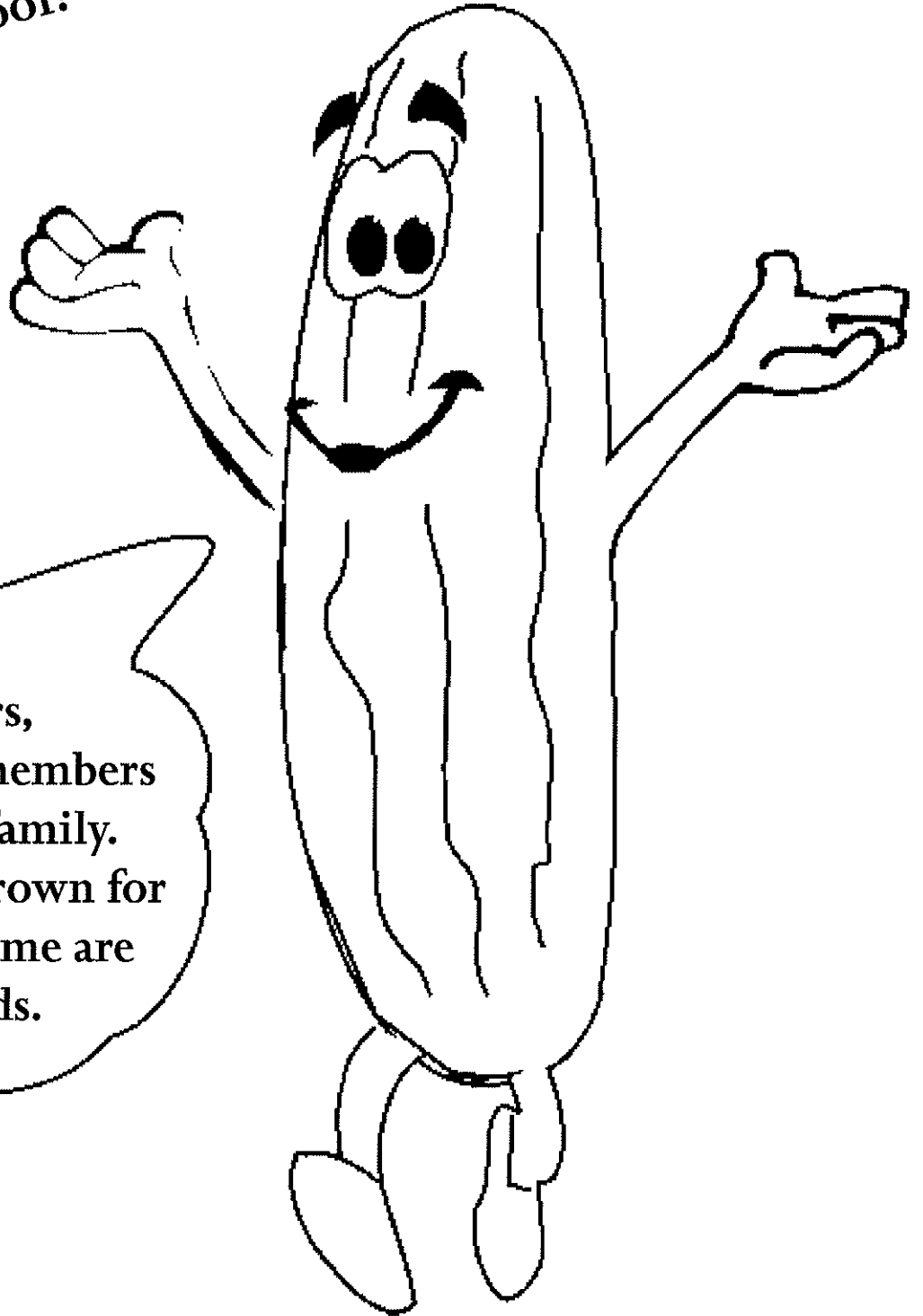
Cabbage grows in “heads” and looks like lettuce. It has lots of vitamin C, and it tastes great both cooked and raw!





# Cucumbers

*Cukes are cool!*



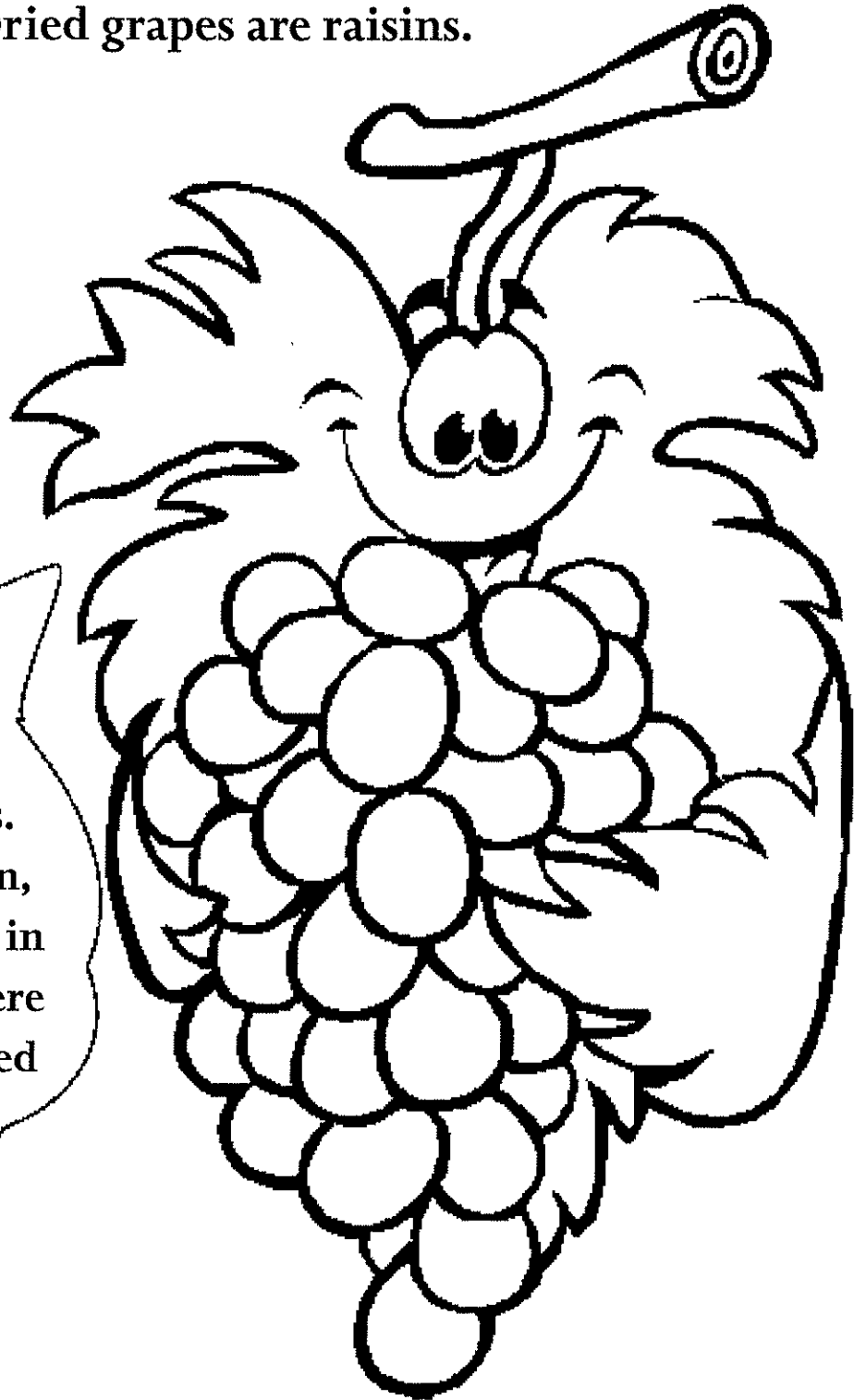
Cucumbers,  
or “cukes,” are members  
of the squash family.  
Most cukes are grown for  
pickling, but some are  
put in salads.

# Grapes

Grapes are great as a snack or as juice.

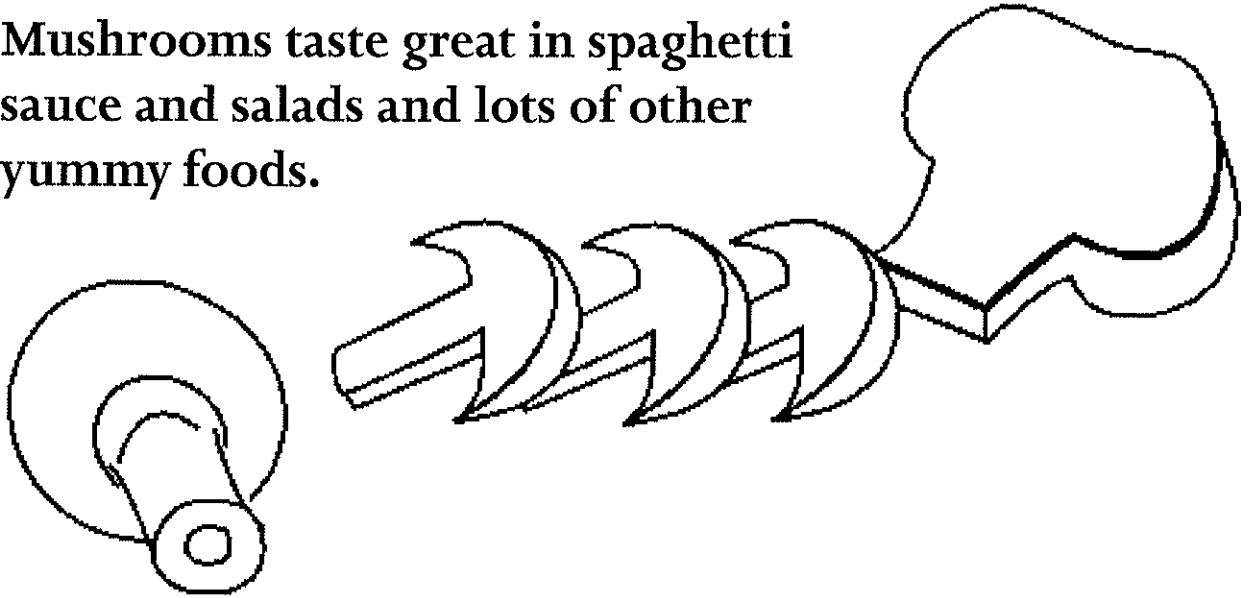
Dried grapes are raisins.

Grapes grow  
in clusters on vines.  
We can be pale green,  
red, purple, or black in  
color. The place where  
we are grown is called  
a vineyard.



# Mushrooms

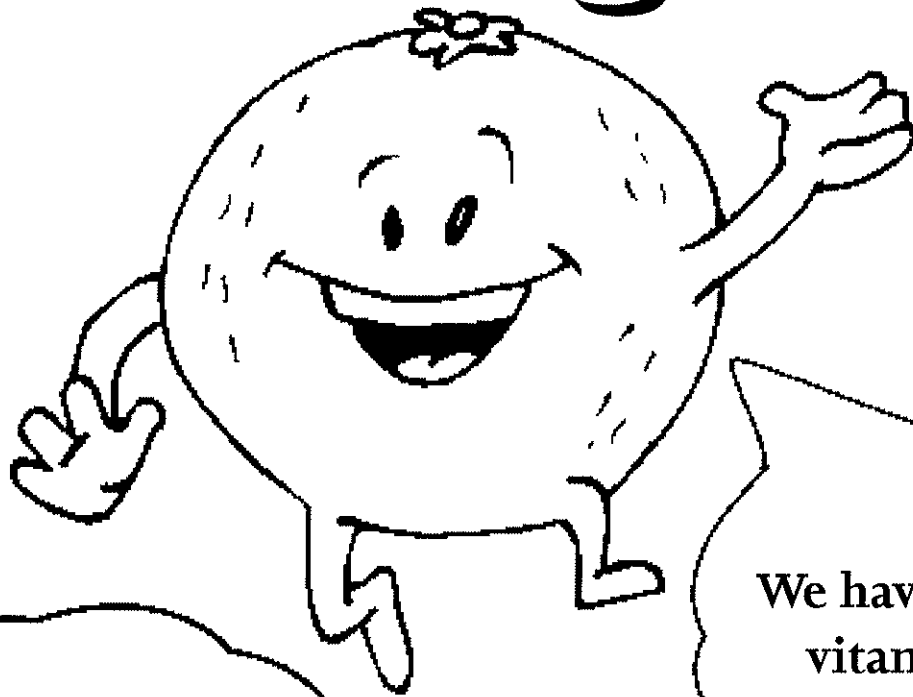
Mushrooms taste great in spaghetti sauce and salads and lots of other yummy foods.



Good mushrooms are grown in the dark by farmers. Don't eat the ones you find outside, because they could be poisonous!

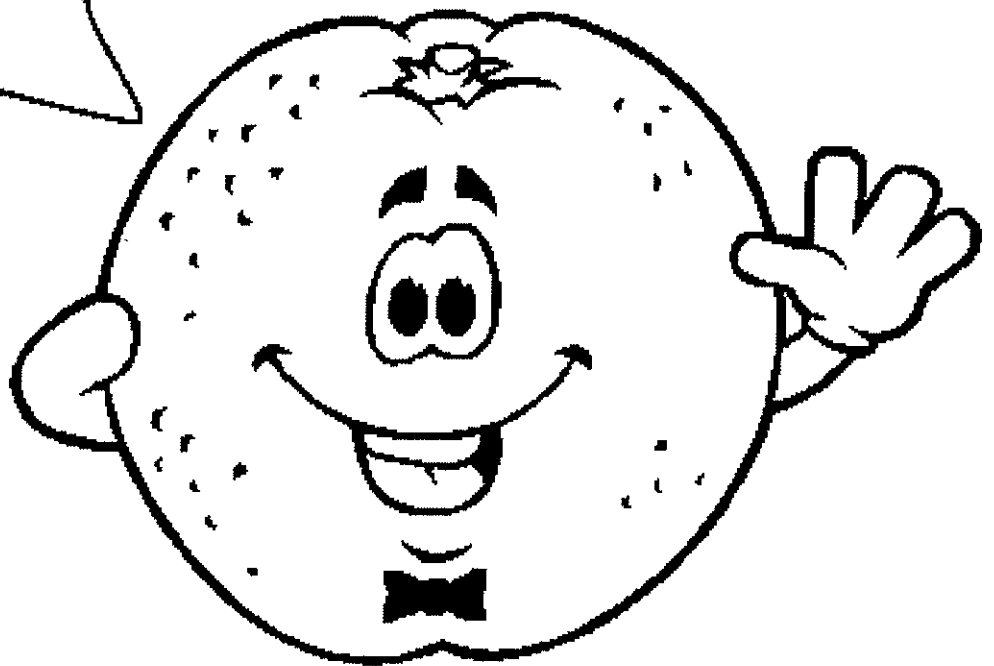


# Oranges



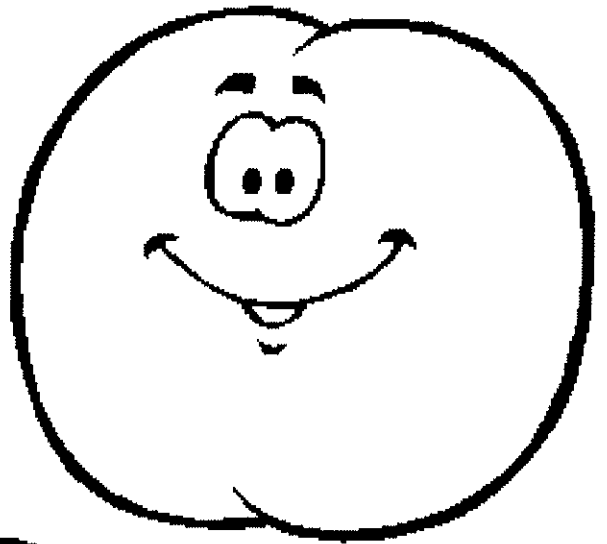
We have lots of  
vitamin C!

Juicy oranges  
are great for  
breakfast and snacks.  
Eat one today!

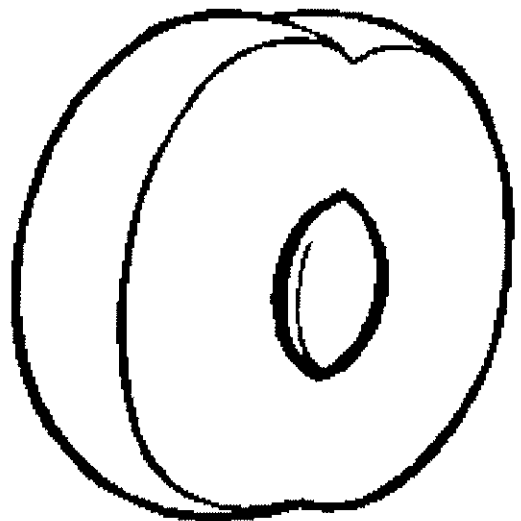
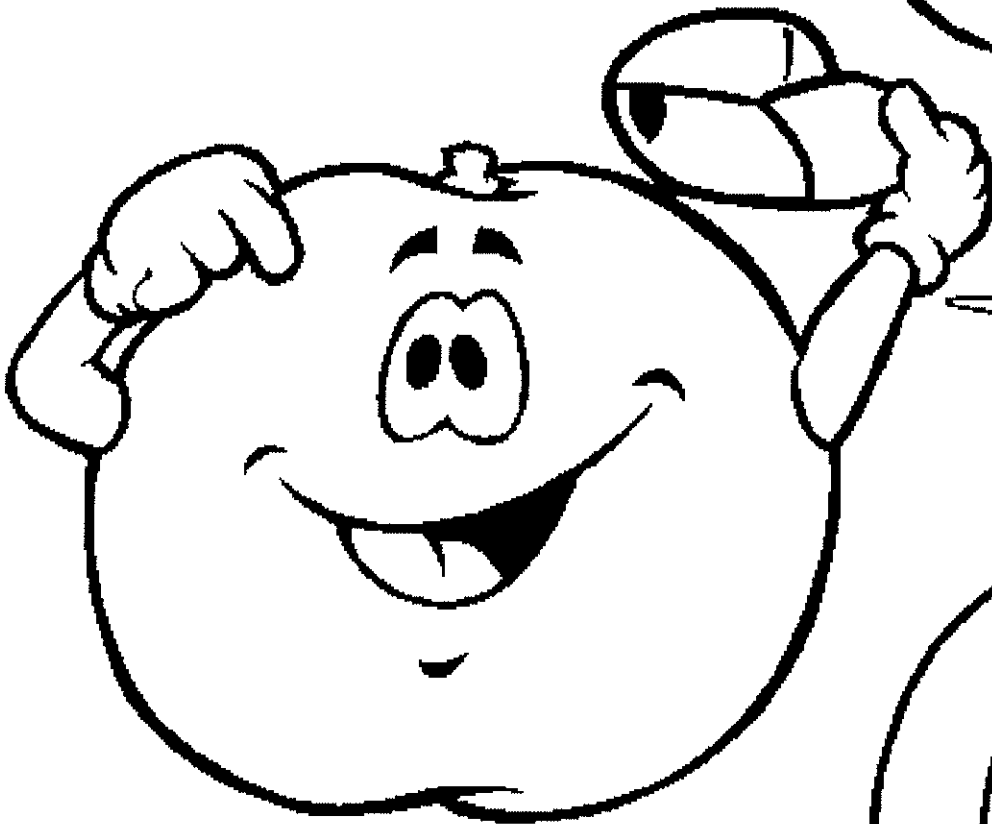


# Peaches

A peach has  
soft, fuzzy skin.  
You can peel it off or  
wash it and eat the  
whole peach.

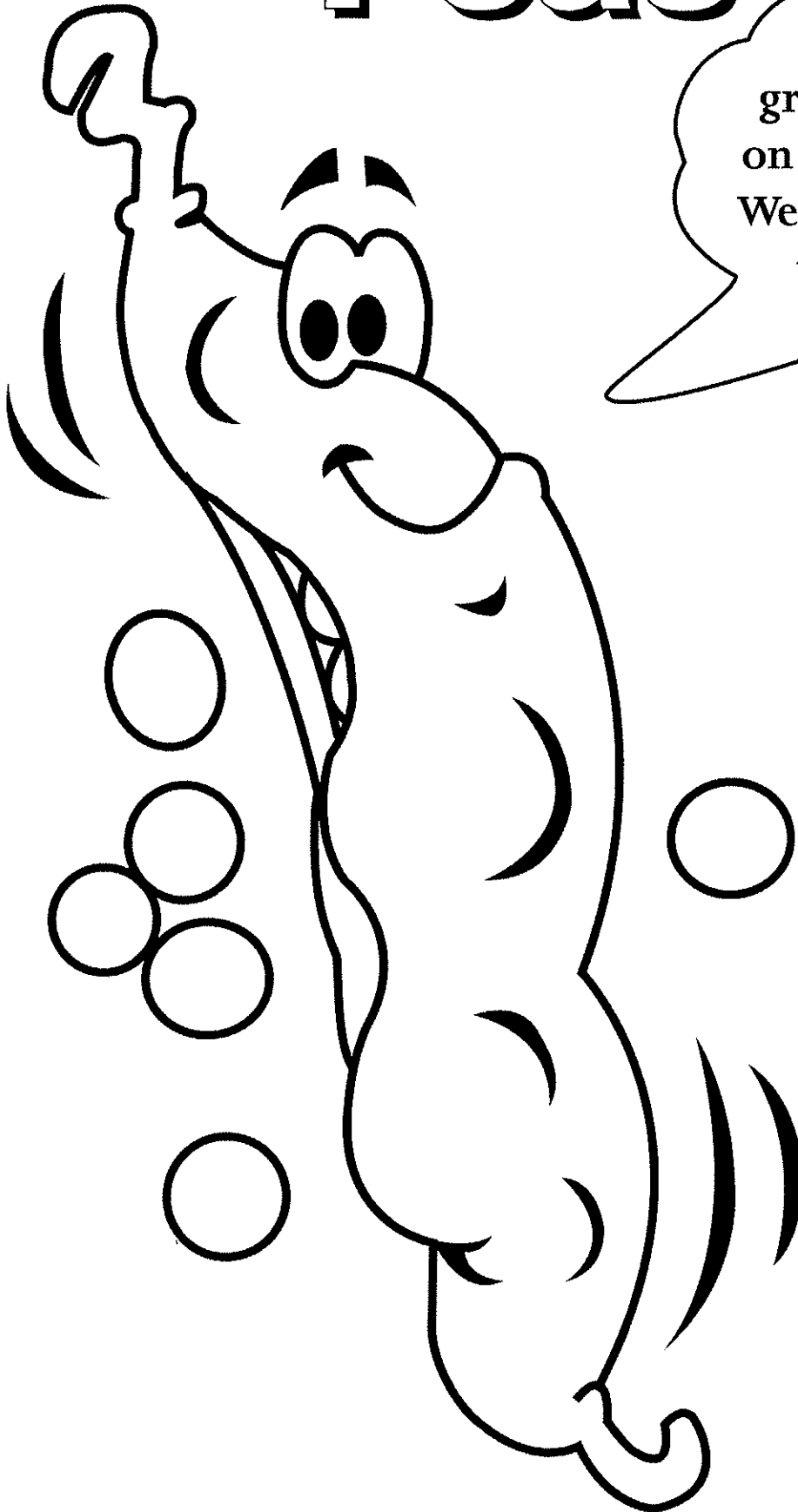


Try me  
sliced on  
cereal!

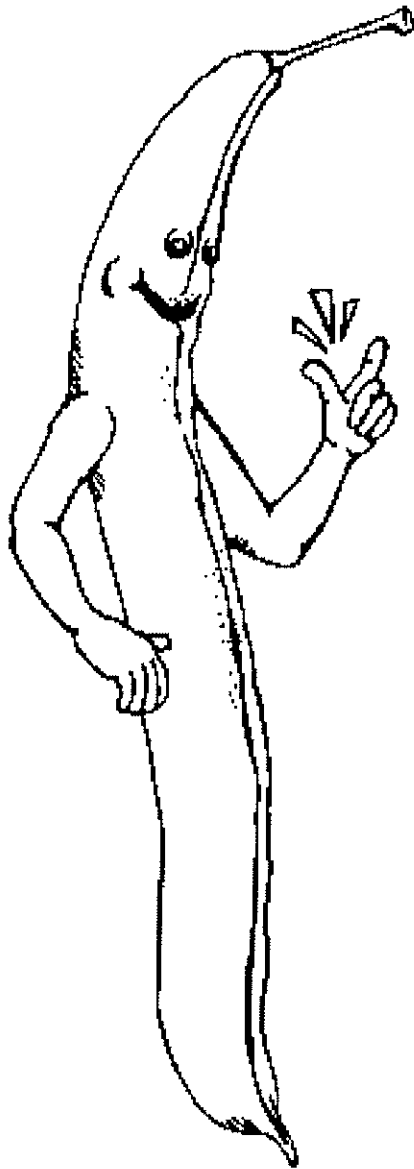


# Peas

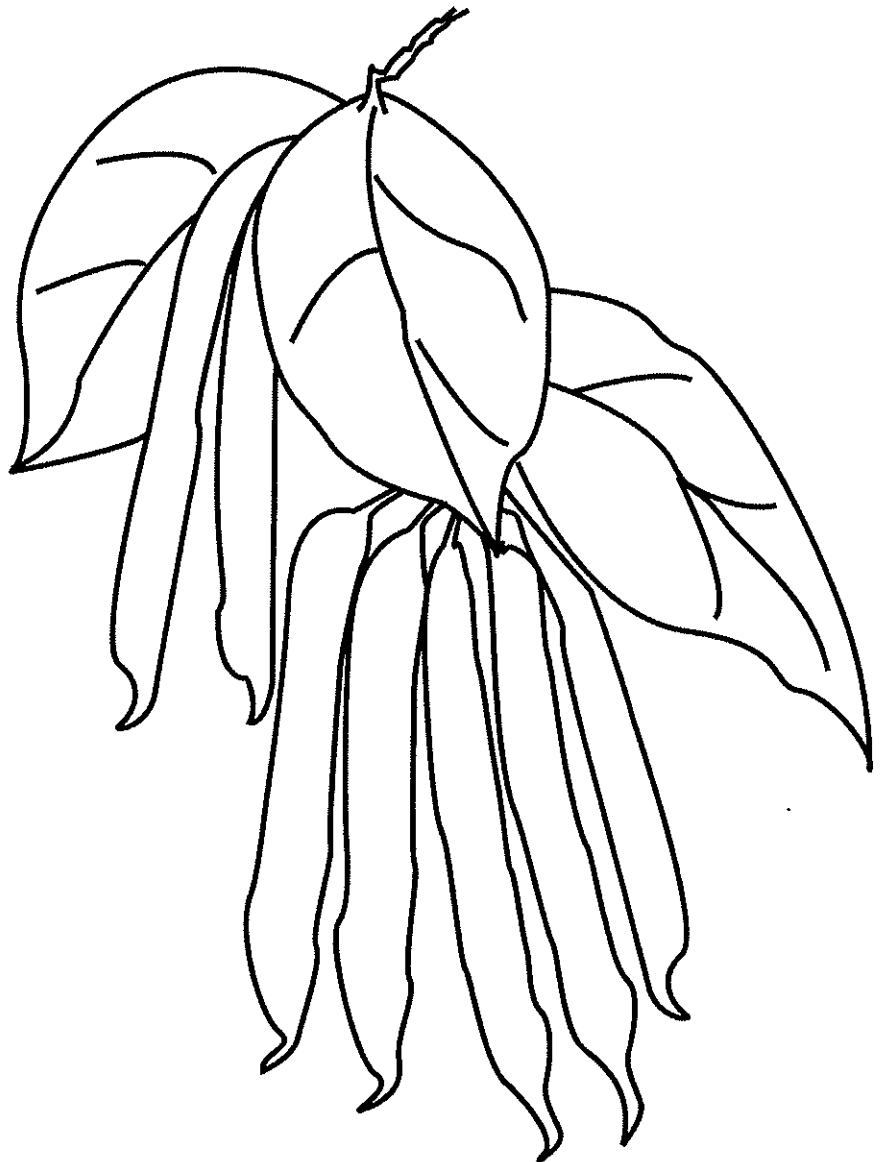
Peas  
grow in pods  
on small vines.  
We like to stick  
together!



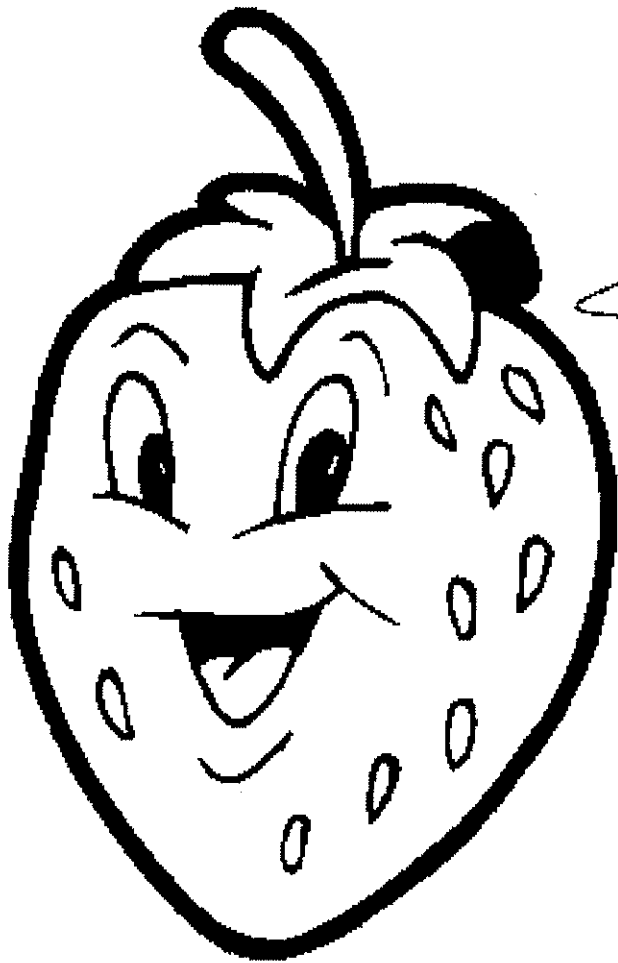
# Snap Beans



We snap beans get  
our name from  
the sound we make  
when you break our  
skinny pods!

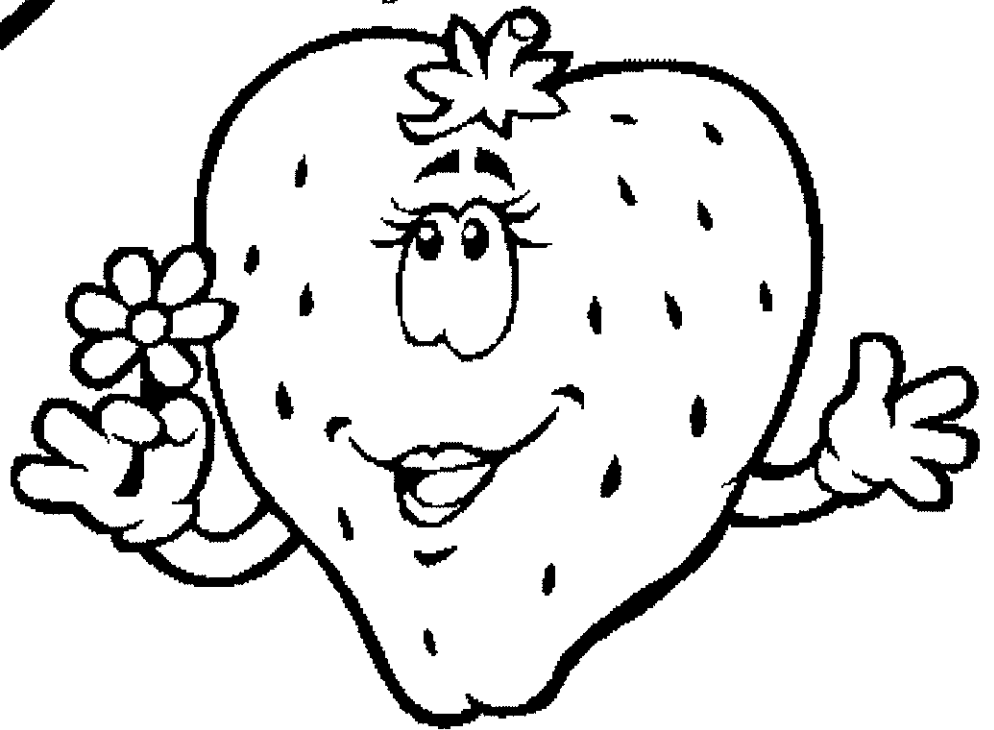


# Strawberries



Strawberries are  
easy to grow.

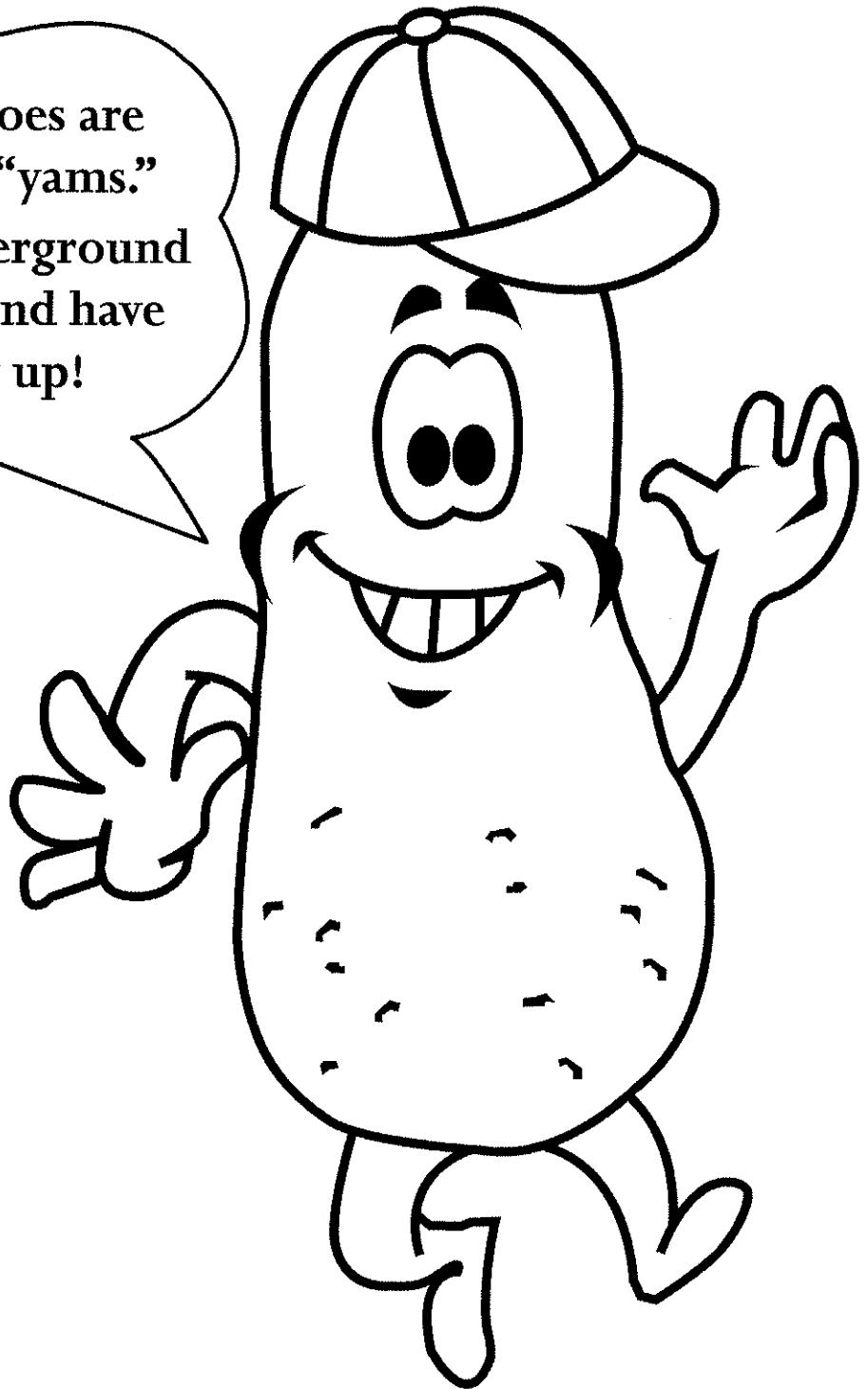
We are so yummy  
that the birds might get us  
before you can! Try fresh  
strawberries on your cereal  
or for dessert!





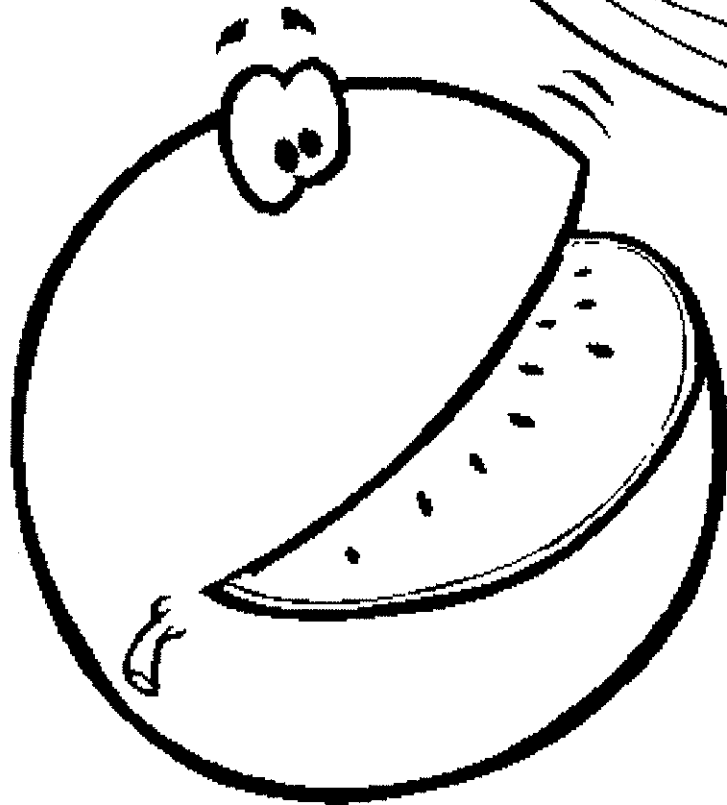
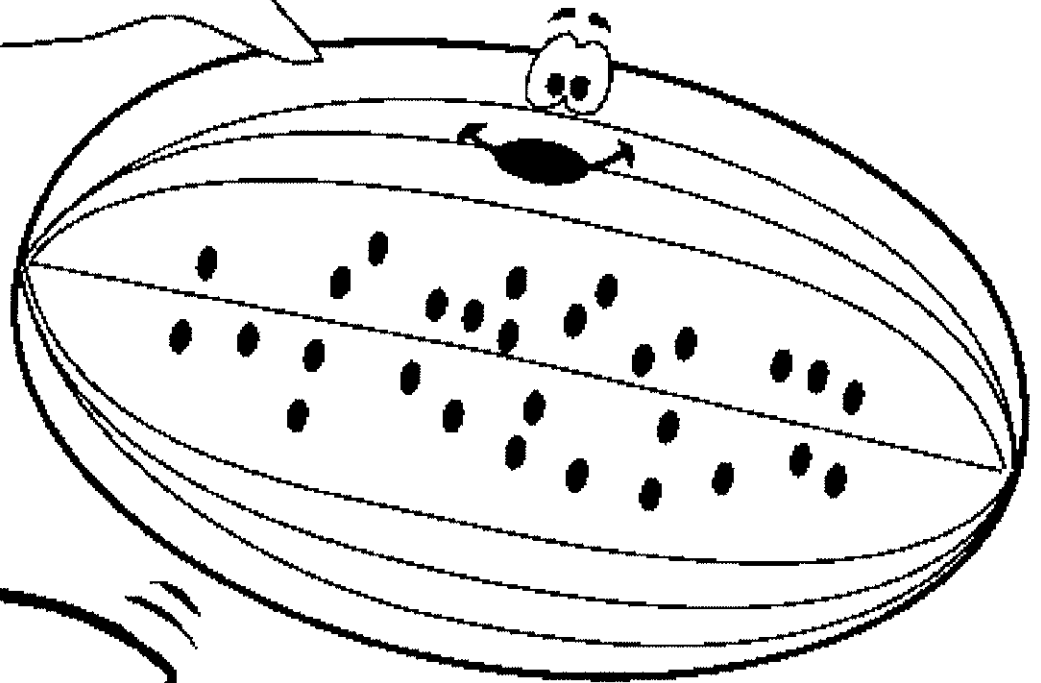
# Sweet Potatoes

Sweet potatoes are  
often called “yams.”  
We grow underground  
like carrots and have  
to be dug up!



# Watermelons

One watermelon  
vine can grow longer than  
50 feet, and one watermelon  
can weigh as much as  
100 pounds!



Watermelons  
can be different sizes  
and colors, but  
they all make a tasty  
summer treat!

# PENNSTATE



College of Agricultural Sciences • Cooperative Extension

Prepared by Katherine Cason, associate professor of food science.

Visit Penn State's College of Agricultural Sciences on the Web: <http://www.cas.psu.edu>

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available from the Publications Distribution Center,  
The Pennsylvania State University, 112 Agricultural Administration Building, University Park, PA 16802.  
For information telephone (814) 865-6713.

Issued in furtherance of Cooperative Extension Work, Acts of Congress May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and the Pennsylvania Legislature. T. R. Alter, Director of Cooperative Extension, The Pennsylvania State University.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at

The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 201 Willard Building, University Park, PA 16802-2801,  
Tel 814-865-4700/V, 814-863-1150/TTY.

© The Pennsylvania State University 2001

CAT UK083

R10M10/01ps4450