

# Color Your Plate



NAME \_\_\_\_\_

HOUR \_\_\_\_\_

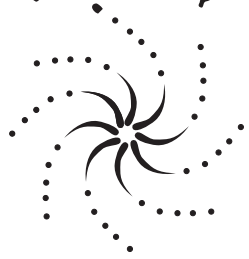
## Video Worksheet

1. There are 5 fruit and vegetable categories. How many servings of each category should you have each day?
2. Complete the following table as you watch the video.

Color	Examples	Benefits

3. What is the most popular fruit in America?
4. How many total servings of fruits and vegetables should you have each day?

# Color Your Plate



## Teacher's Key

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1. There are 5 fruit and vegetable categories. How many servings of each category should you have each day?

**1-2 servings**

2. Complete the following table as you watch the video.

Color	Examples	Benefits
<i>Blue/Purple</i>	<i>Purple cabbage, prunes, grapes, blueberries, raisins, plums, eggplant</i>	<i>Memory, fights infection</i>
<i>Green</i>	<i>Spinach, lettuce, grapes, green beans, broccoli, kiwi, peas</i>	<i>Healthy, vitamins, minerals</i>
<i>White</i>	<i>Potatoes, pear, bananas, cauliflower</i>	<i>Heart</i>
<i>Yellow/Orange</i>	<i>Peaches, oranges, lemons, cantaloupe, carrots, pineapple, corn, sweet potatoes.</i>	<i>Fights illness</i>
<i>Red</i>	<i>Tomatoes, apples, watermelon, strawberries, cherries</i>	<i>Heart</i>

3. What is the most popular fruit in America?

**Bananas**

4. How many total servings of fruits and vegetables should you have each day?

**5-10 servings**