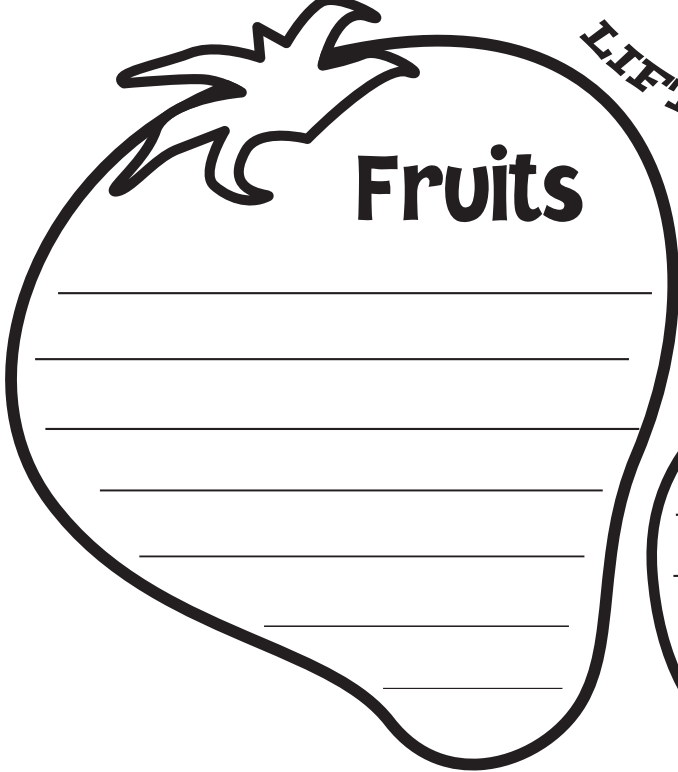


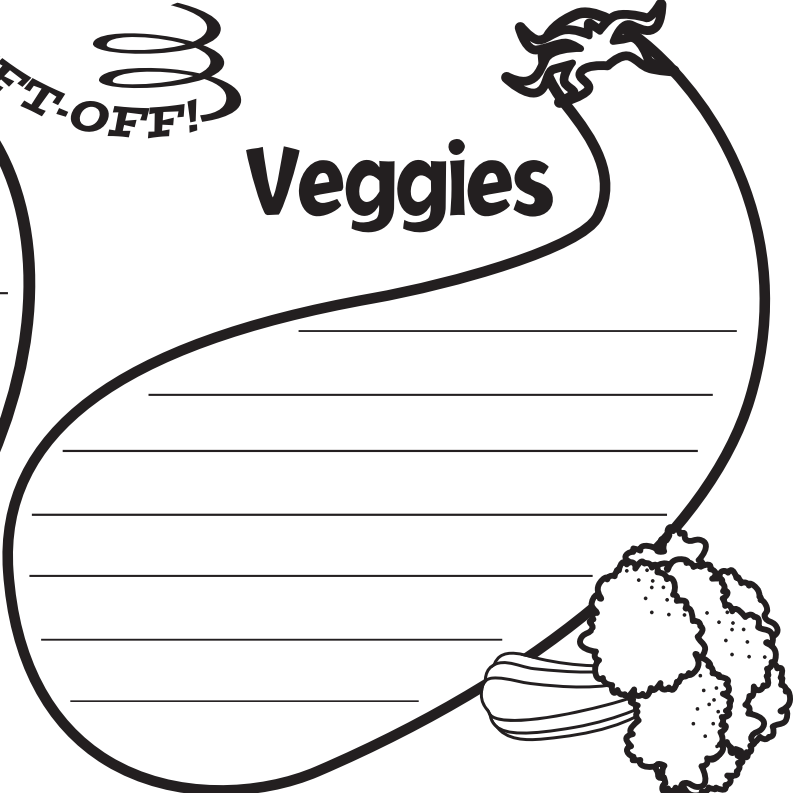
Fruit & Veggie Variety!

Lift-Off! says eating a variety of fruits and vegetables is cool and a great way to stay healthy! In the lines below, write down your favorite fruits and veggies!

LIFT-OFF!



Fruits

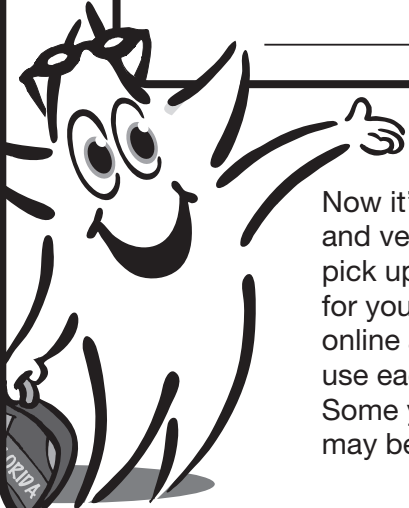


Veggies

Great! Now that you have a list your favorites, it's time to try something out of the ordinary! Below, write down a few fruits and vegetables you have never tried!

Fruits

Veggies



Now it's time to try some of these fruits and veggies! Ask a parent or guardian to pick up these items at the grocery store for you to try. Ask for permission to go online and look for simple recipes that use each of these fruits and veggies. Some you might eat raw, while others may be better cooked.

After you've tried some of these new fruits and veggies, use the space on the back of this sheet to write about which ones were your favorites and why!

Now be sure to take your completed sheet into school to show your teacher or teachers!