

1



"Baby Carrots" are regular carrots that are peeled and cut into smaller, ready to eat pieces.

**CARROT**

2



Orange and yellow bell peppers are sweeter and less bitter than green bell peppers.

**YELLOW BELL  
PEPPER**

3



Corn is grown on every continent except Antarctica.

**CORN**

4



Bell peppers stored in the 'crisper' of the refrigerator will stay fresh for up to two weeks!

**ORANGE BELL  
PEPPER**

5



Butternut squash is available year-round at supermarkets and can be prepared and eaten like a potato.

**SQUASH**

6



Look for plump, evenly colored berries. Eat shortly after buying, they don't stay fresh as long as other fruits!

**GOLDEN  
RASPBERRIES**

7



Mangos account for  $\frac{1}{2}$  of the world's tropical fruit. Use mashed mango to top ice cream or yogurt!

MANGO

8



Ripe papayas have reddish-orange skin and are soft to the touch.

PAPAYA

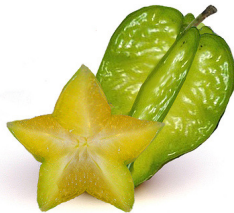
9



Sprinkle lemon juice on cut apples, bananas, and other fruits to prevent them from turning brown.

LEMON

1



Star fruit are yellow with lightly browned edges when ripe. Greener fruits have a tarter taste

STAR FRUIT

2



In the Caribbean, the pineapple is a symbol of welcome.

PINEAPPLE

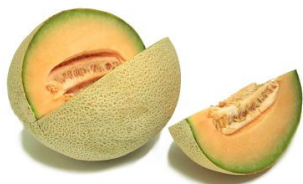
3



Tangerines are often sweeter and easier to peel than large oranges.

TANGERINE

4



Christopher Columbus introduced the first Cantaloupes to North America.

**CANTALOUPE**

5



Grilling peaches brings out their flavor. Lightly brush halves with vegetable oil and grill 3-4 minutes for a tasty dessert!

**PEACH**

6



A Banana tree isn't a tree at all, it's an herb! Bananas become sweeter as they ripen.

**BANANA**

7



Oranges don't continue to ripen after picking, so they can be eaten right after you buy them.

**ORANGE**

8



Use sweet potatoes instead of white potatoes in baked fries.

**SWEET POTATO**

9



Habanero peppers are some of the spiciest peppers and are used in many South American dishes.

**HABANERO  
PEPPER**

**R**

To use this REVERSE card:

Name two **YELLOW** or **ORANGE** fruits you would like to eat this week.

**REVERSE**

**S**

To use this SKIP card:

Think of a snack using one **YELLOW** or **ORANGE** fruit.

**SKIP**

**+2**

To use this DRAW 2 card:

List any 3 **YELLOW** or **ORANGE** fruits.

**DRAW 2**

**R**

To use this REVERSE card:

Name two **YELLOW** or **ORANGE** vegetables you would like to eat this week.

**REVERSE**

**S**

To use this SKIP card:

Think of a snack using one **YELLOW** OR **ORANGE** vegetable.

**SKIP**

**+2**

To use this DRAW 2 card:

List any 3 **YELLOW** or **ORANGE** vegetables.

**DRAW 2**