1. "Baby Carrots" are regular carrots that are peeled and cut into smaller, ready to eat pieces.
2. Orange and yellow bell peppers are sweeter and less bitter than green bell peppers.
3. Corn is grown on every continent except Antarctica.
4. Bell peppers stored in the 'crisper' of the refrigerator will stay fresh for up to two weeks!
5. Butternut squash is available year-round at supermarkets and can be prepared and eaten like a potato.
6. Look for plump, evenly colored berries. Eat shortly after buying, they don't stay fresh as long as other fruits!
Mangoes account for $\frac{1}{2}$ of the world’s tropical fruit. Use mashed mango to top ice cream or yogurt!

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

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

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

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

Tangerines are often sweeter and easier to peel than large oranges.
4. Oranges don't continue to ripen after picking, so they can be eaten right after you buy them.

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

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

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

8. Use sweet potatoes instead of white potatoes in baked fries.

9. Habanero peppers are some of the spiciest peppers and are used in many South American dishes.
To use this REVERSE card:
Name two YELLOW or ORANGE fruits you would like to eat this week.

To use this SKIP card:
Think of a snack using one YELLOW or ORANGE fruit.

To use this DRAW 2 card:
List any 3 YELLOW or ORANGE fruits.

To use this REVERSE card:
Name two YELLOW or ORANGE vegetables you would like to eat this week.

To use this SKIP card:
Think of a snack using one YELLOW OR ORANGE vegetable.

To use this DRAW 2 card:
List any 3 YELLOW or ORANGE vegetables.