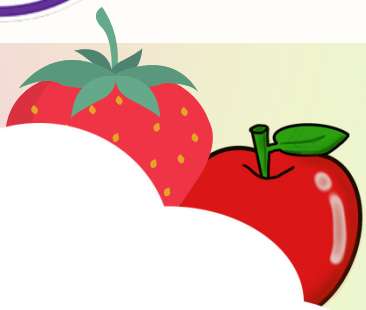
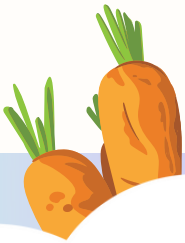
Fruits and Vegetables

Team Davis Good Foods Garden



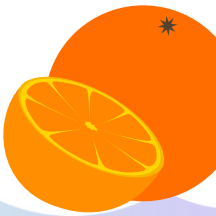
Red

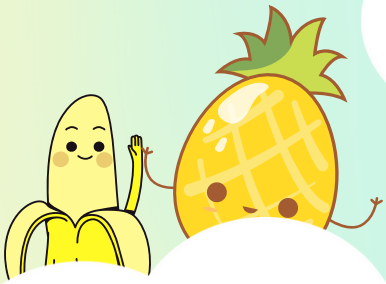
- Good for your heart, health, and blood!



Orange

- Helps protect your eyes!





Yellow

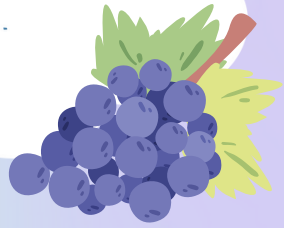
- Good for your skin, heart, and eyes!
- Helps you poop better!

Green

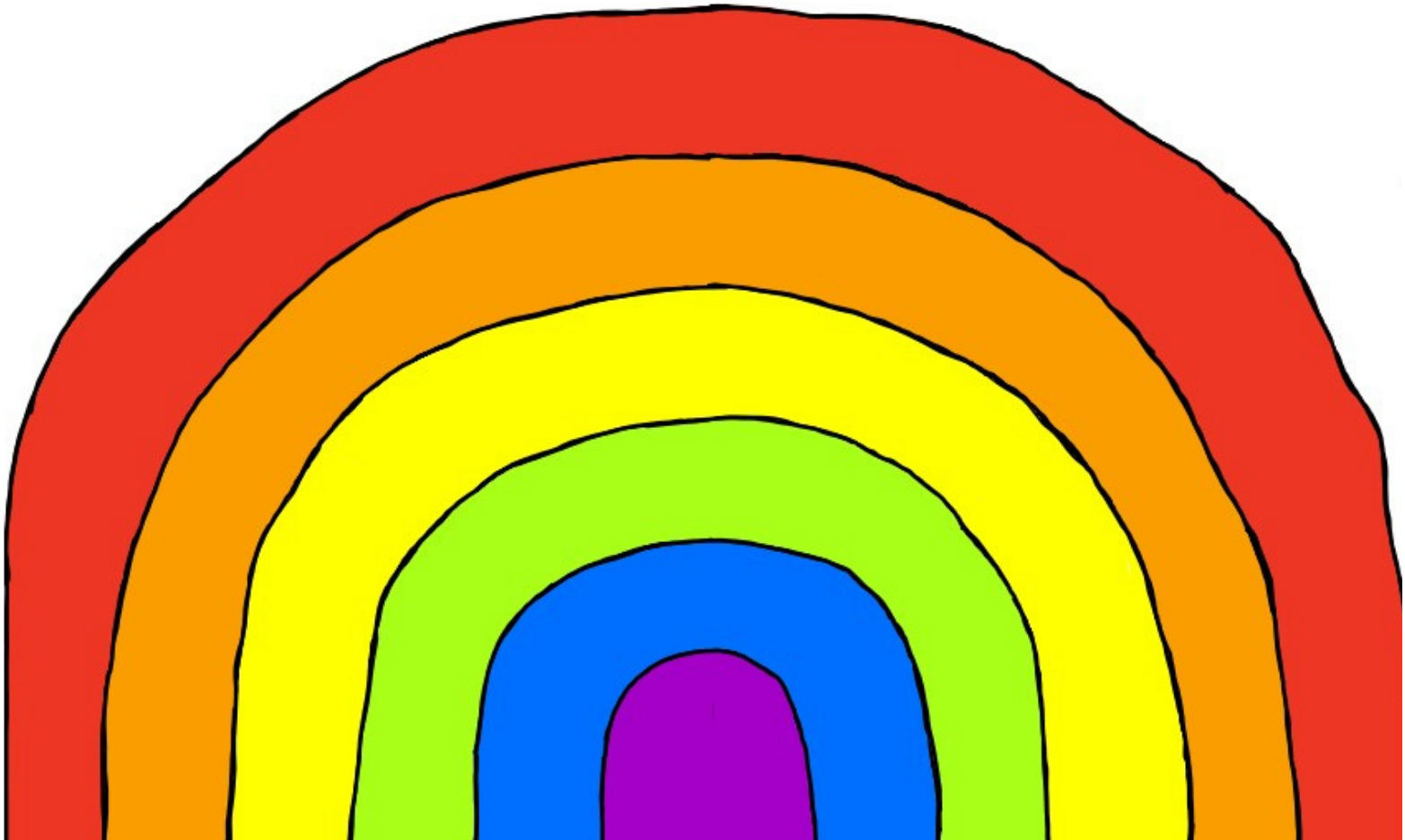
- Good for your bones!
- Helps fight off sickness!

Blue & Purple

- Good for your brain health!



White & Brown

- Protects you from getting sick!
- Heart health

Match the fruit or vegetable to each color of the rainbow!