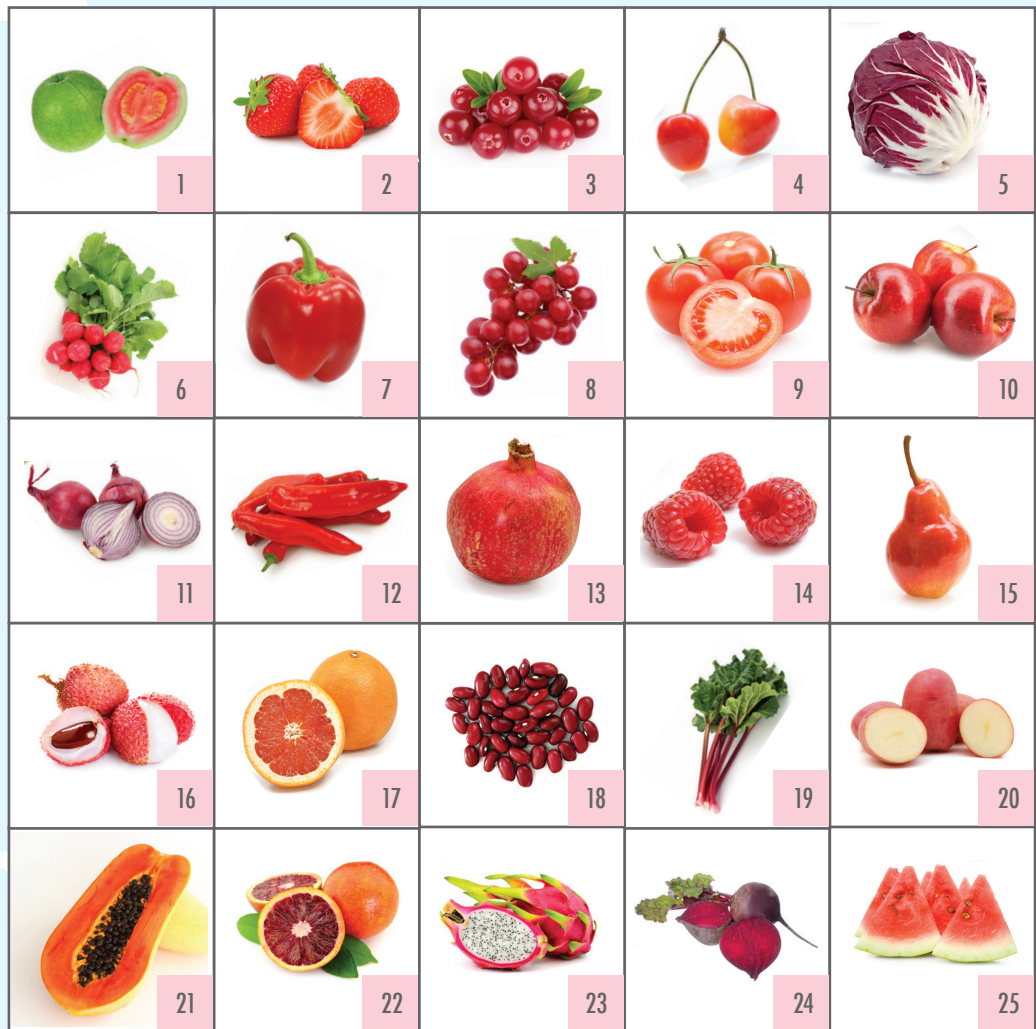


MEET THE ROCKIN' RED GROUP!

Red power comes from many tasty, fruits and veggies.
Can you match these fruits and veggies with their names?

- ___ Beets
- ___ Chili peppers
- ___ Red beans
- ___ Red peppers
- ___ Radishes
- ___ Radicchio
- ___ Red onions
- ___ Red potatoes
- ___ Rhubarb
- ___ Tomatoes
- ___ Red apples
- ___ Blood oranges
- ___ Cherries
- ___ Cranberries
- ___ Guava
- ___ Red grapes
- ___ Red grapefruit
- ___ Red pears
- ___ Red papayas
- ___ Pomegranates
- ___ Dragon fruit
- ___ Raspberries
- ___ Strawberries
- ___ Watermelon
- ___ Lychee



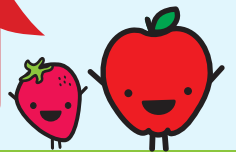
Rock this rad poem to find out why we're red!

Roses are red and so are papayas,
Red peppers, melons and apples —just try us!

If you like our bright color and glossy red sheen,
Then you should know that it comes from lycopene.

But those red cherries, berries and radishes in a bin,
They get their red color from Anthocyanins.

Whatever the shape, whatever the color,
Fill up with five and get your red power!



Answers: Beets-24, Chili peppers-12, Red beans-18, Red peppers-7, Radishes-6, Radicchio-5, Red onions-11, Red potatoes-20, Rhubarb-19, Papayas-21, Pomegranates-13, Dragon fruit-23, Raspberries-14, Strawberries-4, Cranberries-3, Guava-1, Red grapes-8, Red grapefruit-17, Red pears-15, Red tomatoes-9, Red apples-10, Blood oranges-22, Cherries-4, Red grapes-8, Red grapes-8, Red grapefruit-17, Red pears-15, Red

SUPER RED BERRY POWER

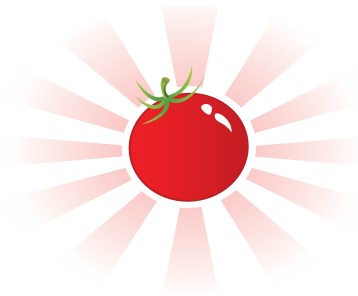
Did you know red berries have special super powers that protect and power your body?
That's why we call them SUPER BERRIES!

WHAT'S YOUR BERRY FAVORITE SUPERHERO? Connect the names to the pictures, then circle your favorite!

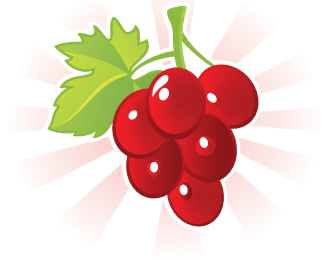


Terrific Tomato

Rockin' Raspberry

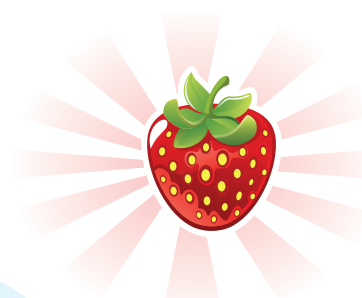
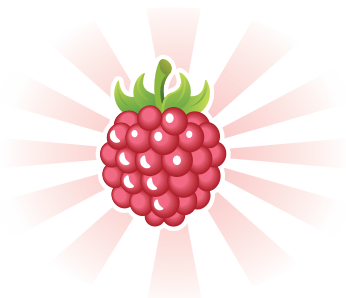


Galactic Grapes



Super Strawberry

Kickin' Cranberry



If you could have any super power, what would it be?

- X-ray Vision? Invisibility? Flying? Super Strength? Genius? Other?

How would you use your super power? _____

