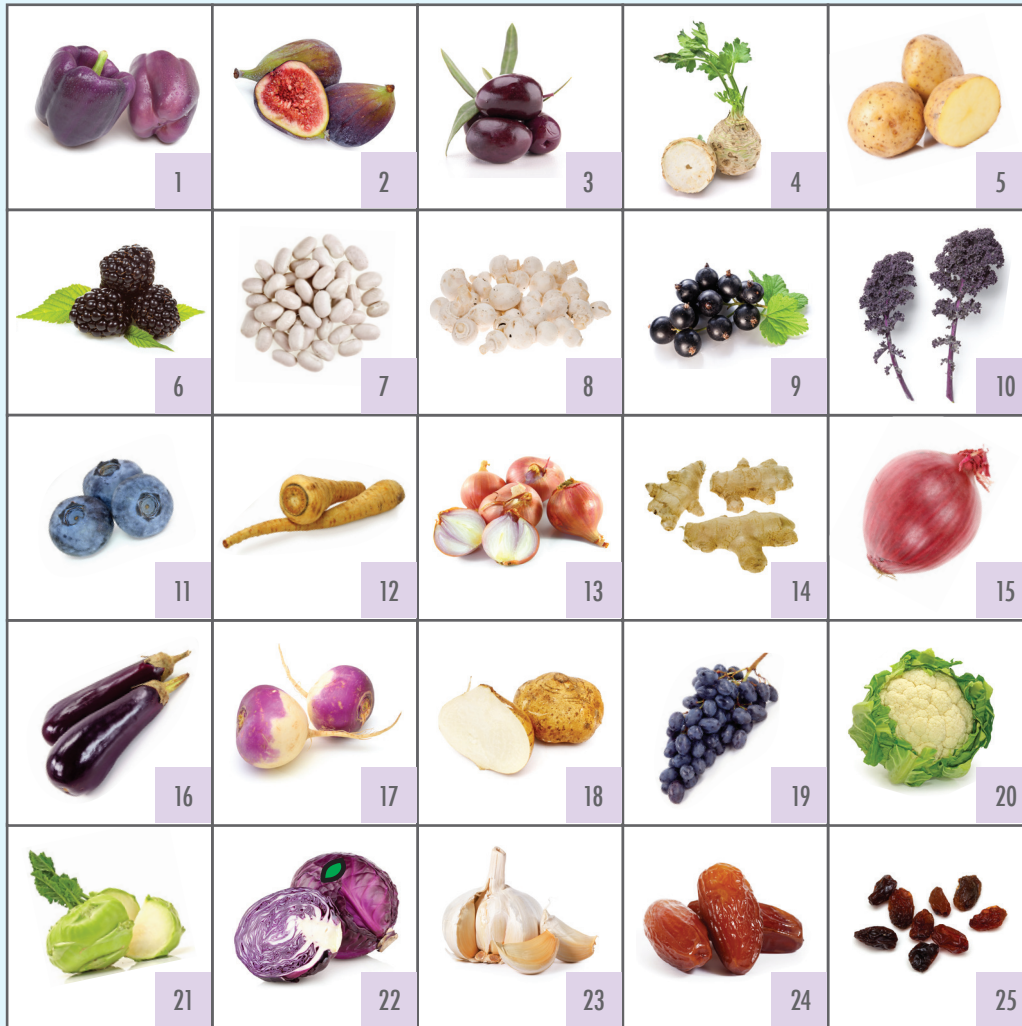


# MEET THE PURPLE, WHITE AND BLUE BUNCH!

You can PowerUp with all of these tasty, fruits and veggies.  
Can you match these fruits and veggies with their names?



- \_\_\_ Blackberries
- \_\_\_ Blueberries
- \_\_\_ Purple cabbage
- \_\_\_ Currants
- \_\_\_ Dates
- \_\_\_ Eggplant
- \_\_\_ Purple figs
- \_\_\_ Purple grapes
- \_\_\_ Purple kale
- \_\_\_ Olives
- \_\_\_ Purple peppers
- \_\_\_ White beans
- \_\_\_ Raisins
- \_\_\_ Cauliflower
- \_\_\_ Celery root
- \_\_\_ Garlic
- \_\_\_ Ginger
- \_\_\_ Jicama
- \_\_\_ Kohlrabi
- \_\_\_ Potatoes
- \_\_\_ Shallots
- \_\_\_ Turnips
- \_\_\_ Mushrooms
- \_\_\_ Onions
- \_\_\_ Parsnips

## Why are we Purple, White and Blue?

Purple and blue foods power your body and mind, but they can be hard to find.

Try plums, berries, cabbage or kale.  
They will help to power up your sail!

What about foods that are white like snow?

Where did their color go?  
Who really knows!  
But they sure help you grow.

So have some fun with purple, white & blue,  
these fruits and veggies are a yummy delight!

