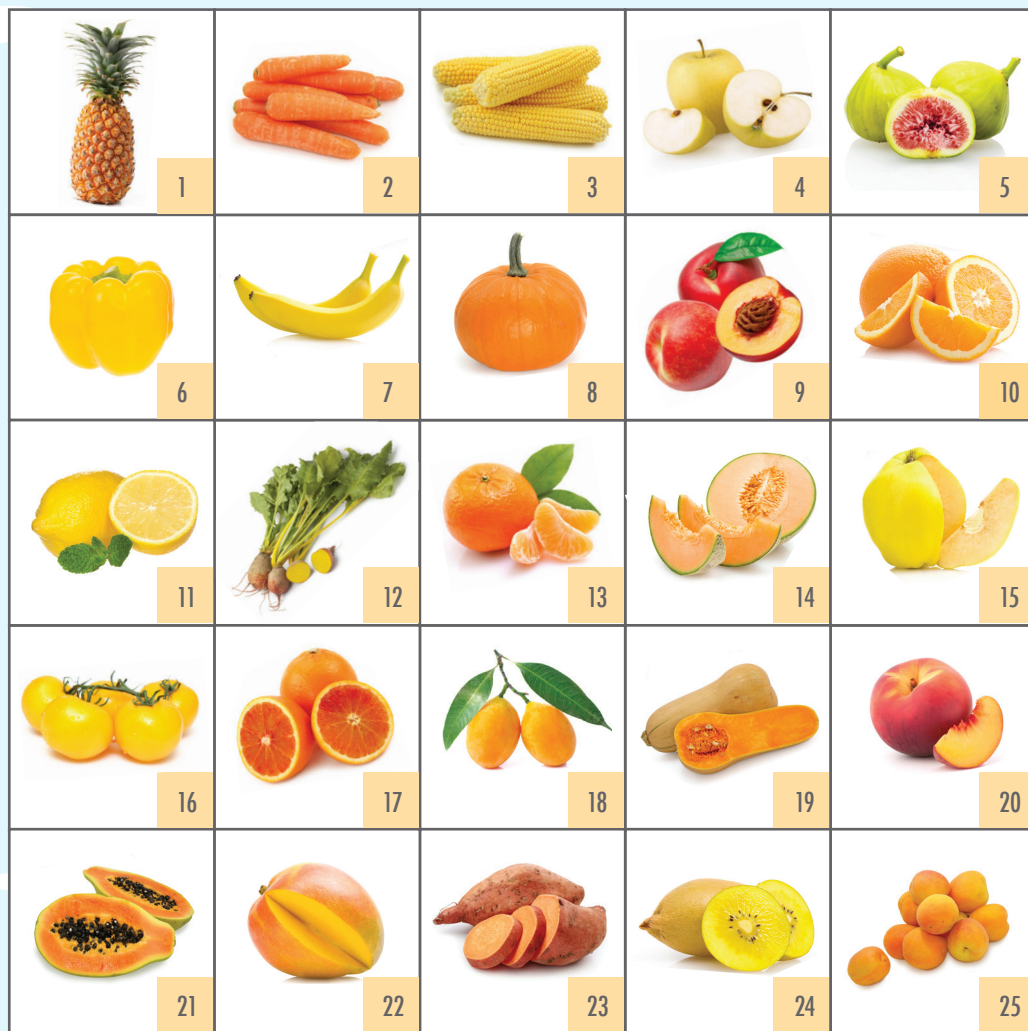


# MEET THE SUNSHINE SQUAD!

Orange and yellow power comes from many tasty, good-for-you fruits and veggies.  
Can you match these fruits and veggies with their names?

- \_\_\_ Yellow beets
- \_\_\_ Butternut squash
- \_\_\_ Carrots
- \_\_\_ Yellow peppers
- \_\_\_ Sweet corn
- \_\_\_ Sweet potatoes
- \_\_\_ Yellow tomatoes
- \_\_\_ Yellow apples
- \_\_\_ Apricots
- \_\_\_ Bananas
- \_\_\_ Cantaloupe
- \_\_\_ Yellow figs
- \_\_\_ Grapefruit
- \_\_\_ Golden kiwi
- \_\_\_ Kumquat
- \_\_\_ Lemons
- \_\_\_ Mangos
- \_\_\_ Nectarines
- \_\_\_ Oranges
- \_\_\_ Papayas
- \_\_\_ Peaches
- \_\_\_ Yellow pears
- \_\_\_ Pineapple
- \_\_\_ Pumpkins
- \_\_\_ Tangerines



## Why are we orange and yellow?

Do you ever wonder in the Fall,  
why leaves are orange...not green?  
If you're asked, don't stall,  
just say, "Because the leaves have carotene!"

Carotene puts the color in fruits  
and veggies too.  
Like mangoes, corn and carrots,  
to name a few.

So fill your plate with orange and yellow  
yummy foods galore.  
These sunshine foods are fun to eat  
and help you PowerUp more!

