



FRUITS AND VEGETABLES ACTIVITY BOOK

NAME

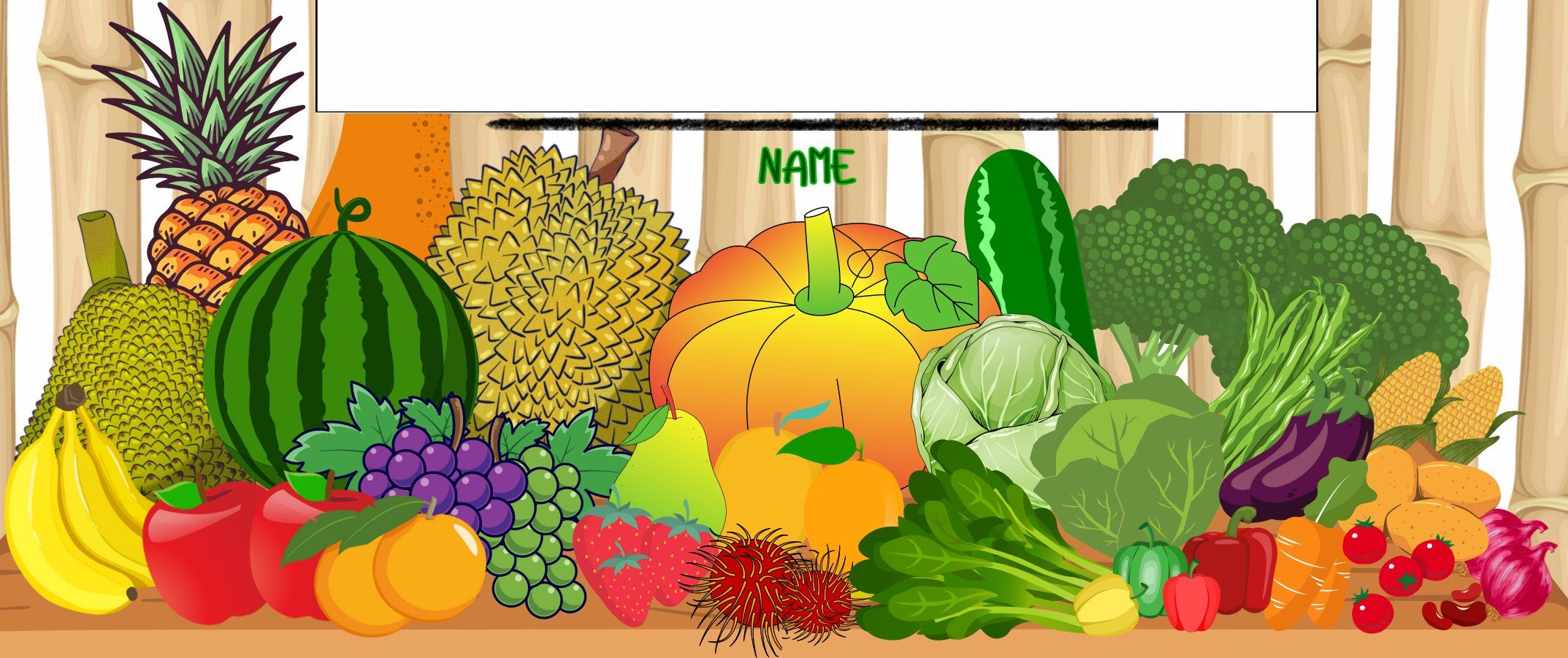


TABLE OF CONTENTS

Introduction.....	page 2
Fruits.....	page 3
Vegetables.....	page 4
Color the Fruits.....	page 5
Color the Vegetables.....	page 6
Match the Fruits.....	page 7
Match the Vegetables.....	page 8
Count the Fruits.....	page 9
Count the Vegetables.....	page 10
Spot the Fruits.....	page 11
Spot the Vegetables.....	page 12
Name the Fruits.....	page 13
Name the Vegetables.....	page 14
Find the Different One.....	page 15
Sequence It! How a Plant Grow.....	page 17
Draw and Color your Favorite.....	page 19
Collect Fruits & Vegetables.....	page 20
Certificate of Completion.....	page 21



INTRODUCTION



Welcome to the World of Fruits and Vegetables! 🍌🥦

Hi there, little friend!

Are you ready to have fun with fruits and vegetables?

They come in all colors, shapes, and sizes—
some are sweet, some are crunchy, and all are good for you! 🍇🍉🥬

They help you grow strong, stay healthy, and feel happy every day.

Let's color, count, rhyme, and play
With fruits and veggies all the way! 🎨🖍️



FRUITS



APPLE



BANANA



CHERRY



DRAGON FRUIT



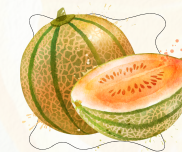
ELDERBERRY



FIG



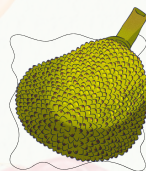
GUAVA



HONEYDEW



INDIAN
GOOSEBERRY



JACKFRUIT



KIWI



LEMON



MANGO



NECTARINE



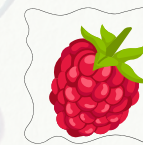
ORANGE



PINEAPPLE



QUINCE



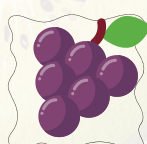
RASPBERRY



STRAWBERRY



TAMARIND



UVA



VELVET APPLE



WATERMELON

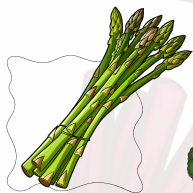


YELLOW
PASSION FRUIT



ZIZIPHUS FRUIT

VEGETABLES



ASPARAGUS



BROCCOLI



CARROT



DAIKON



EGGPLANT



FENNEL



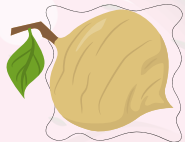
GARLIC



HORSERADISH



ICEBERG
LETTUCE



JICAMA



KALE



LEEK



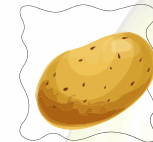
MUSHROOM



NETTLE



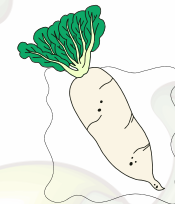
OKRA



POTATO



QUINOA
LEAVES



RADISH



SQUASH



TOMATO



UBE



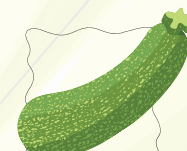
VIDALIA
ONION



WATERCRESS



YAM

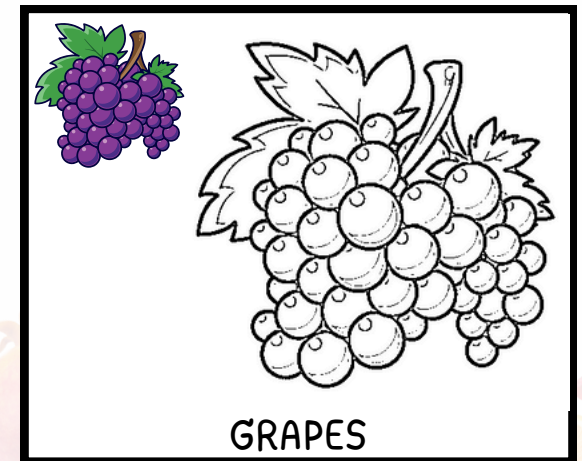
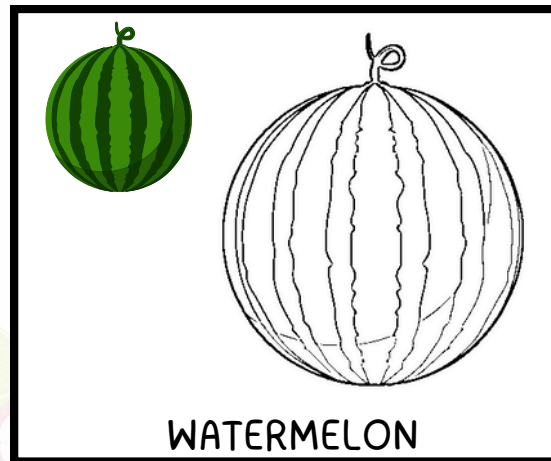
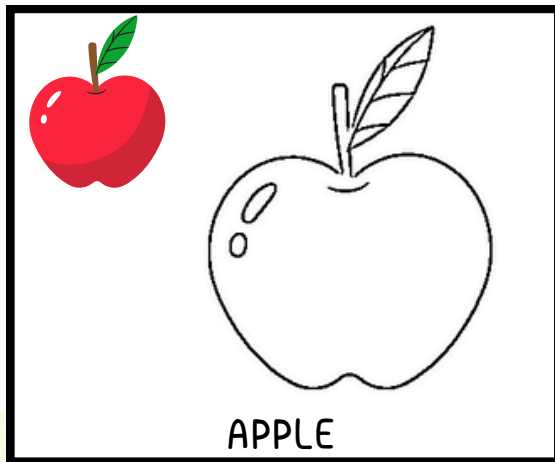
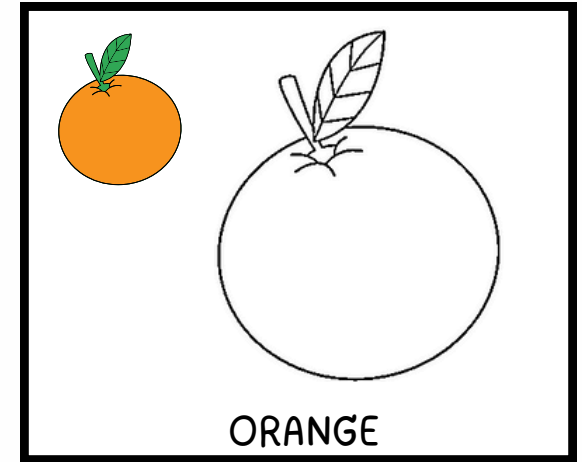
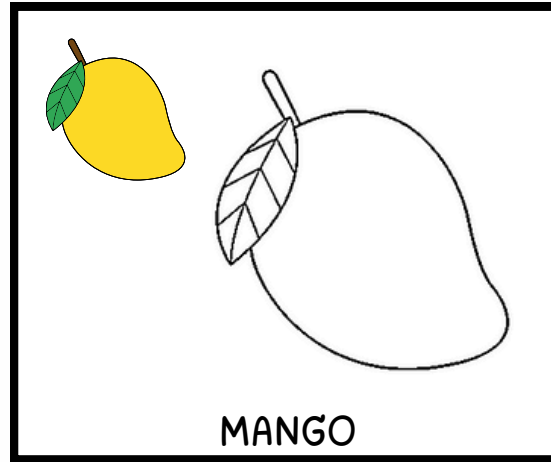
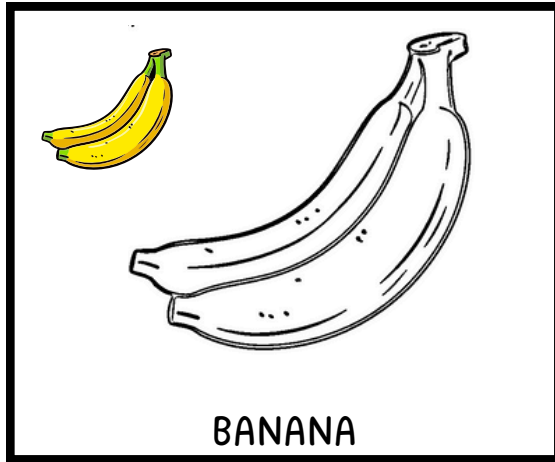


ZUCCHINI



COLOR the FRUITS

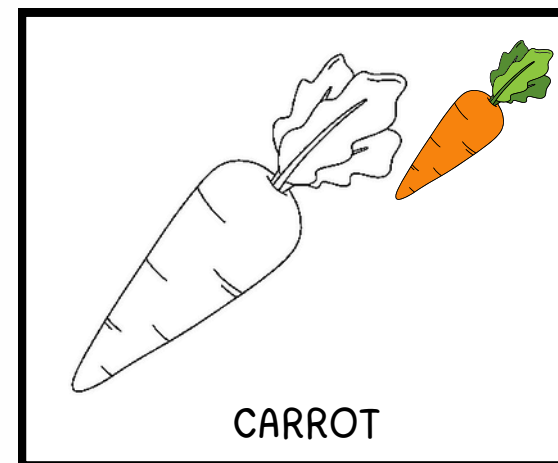
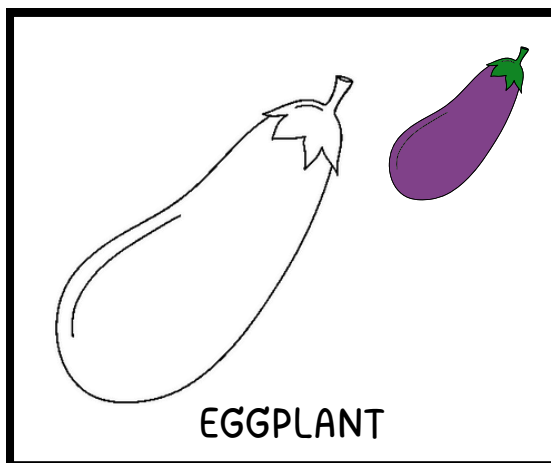
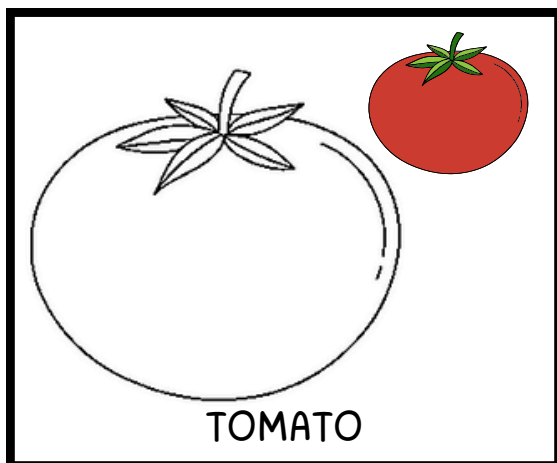
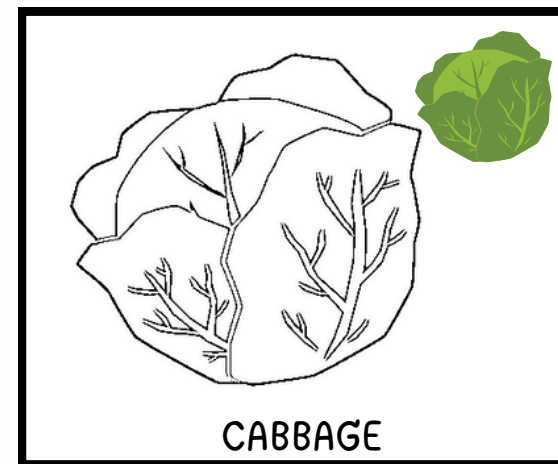
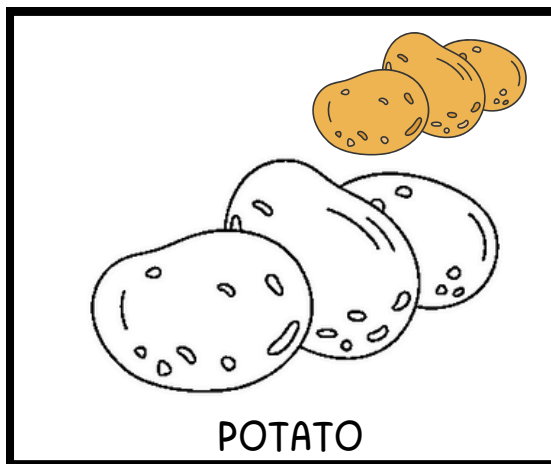
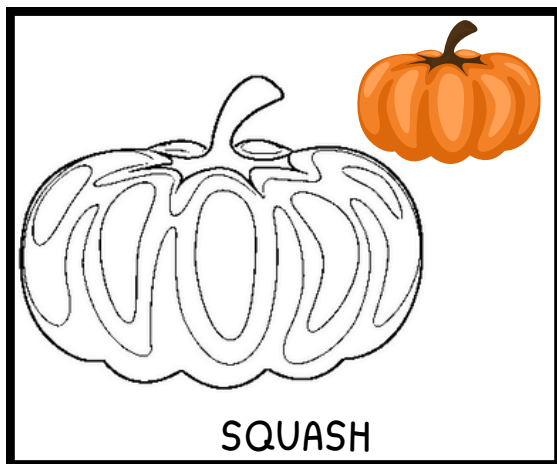
Directions: Copy the color of the fruits provided below.





COLOR the VEGETABLES

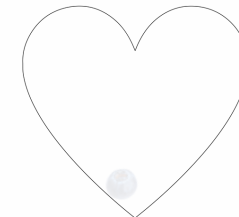
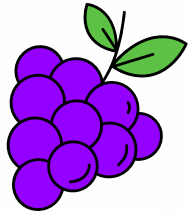
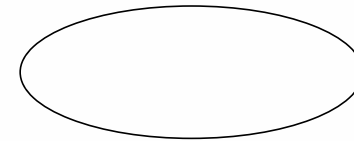
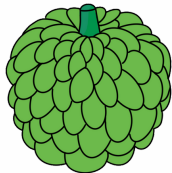
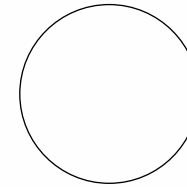
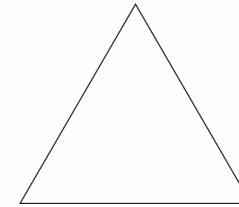
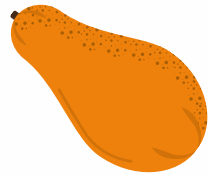
Directions: Copy the color of the vegetables provided below.





MATCH the FRUITS

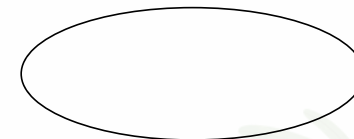
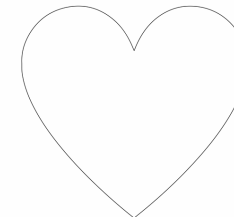
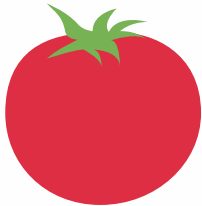
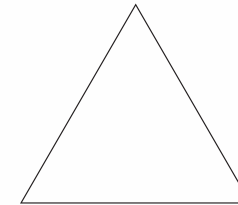
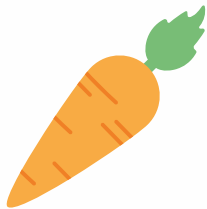
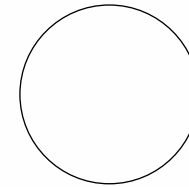
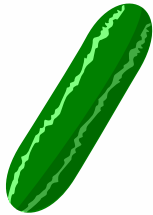
Directions: Draw a line to match the fruits to its corresponding shapes.





MATCH the VEGETABLES

Directions: Draw a line to match the vegetables to its corresponding shapes.



COUNT the FRUITS

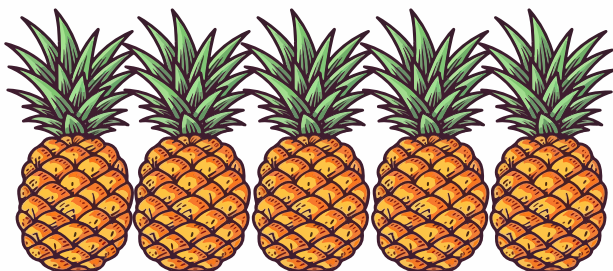
Directions: Write down the number of each type of fruit inside the box.



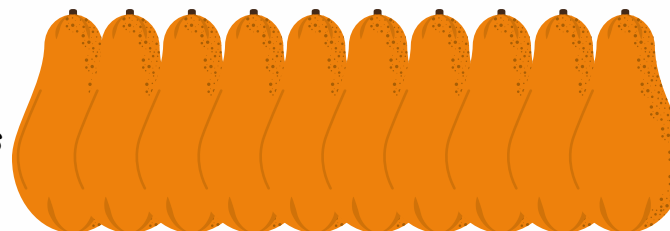
watermelons



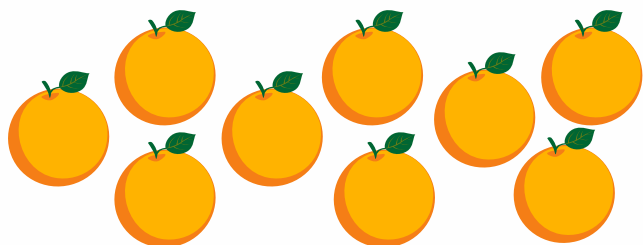
banana



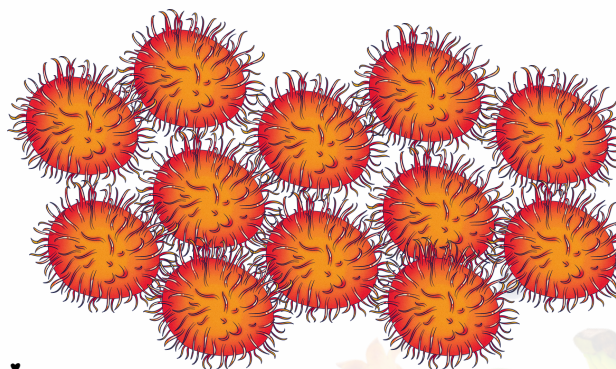
pineapples



papaya



oranges



rambutans



strawberries

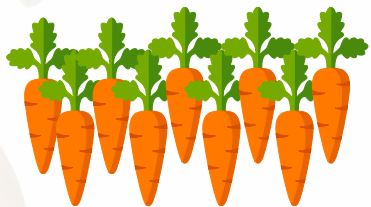


apples

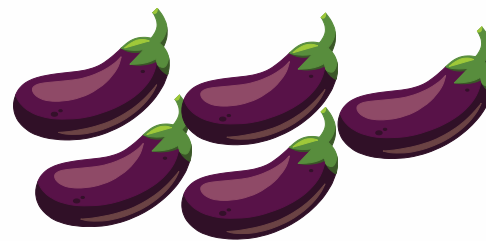


COUNT the VEGETABLES

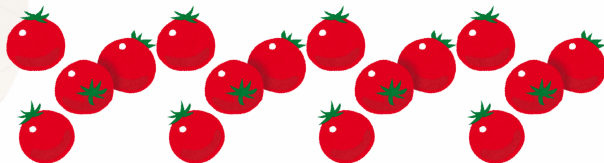
Directions: Write down the number of each type of vegetable inside the box.



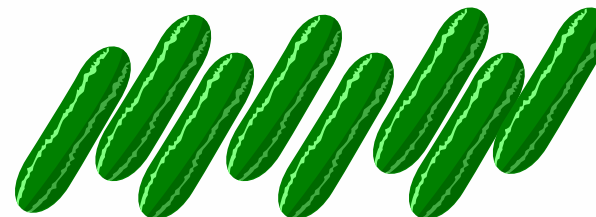
carrots



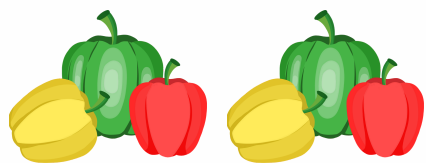
eggplants



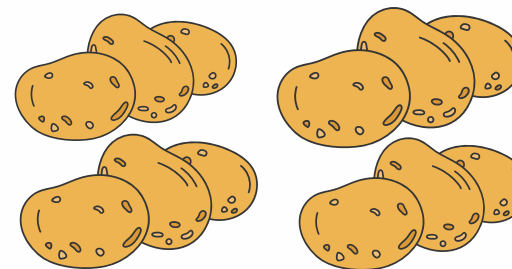
tomatoes



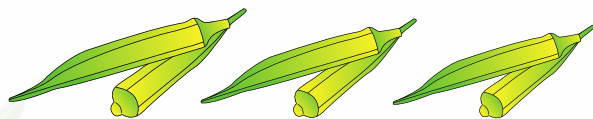
cucumbers



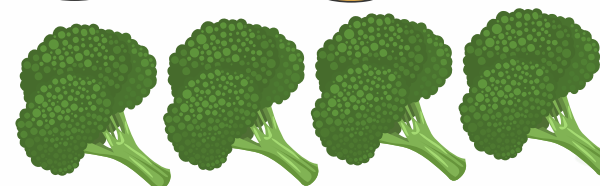
peppers



potatoes



okra

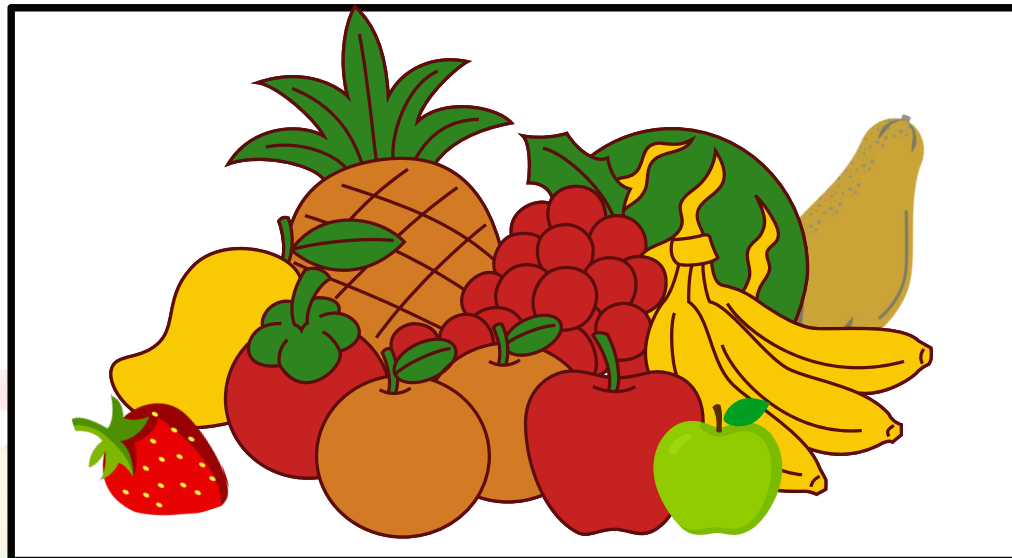
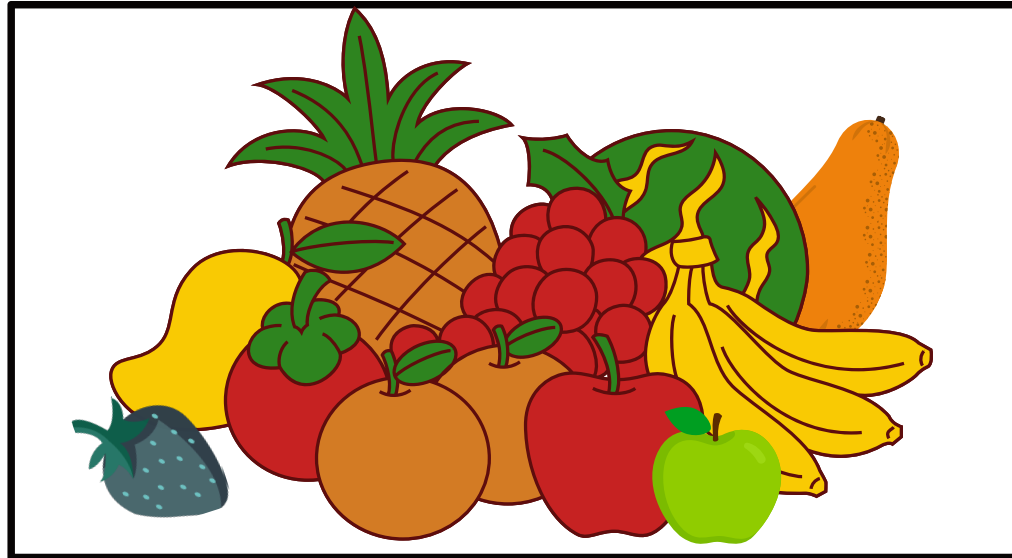


broccoli



SPOT the FRUITS

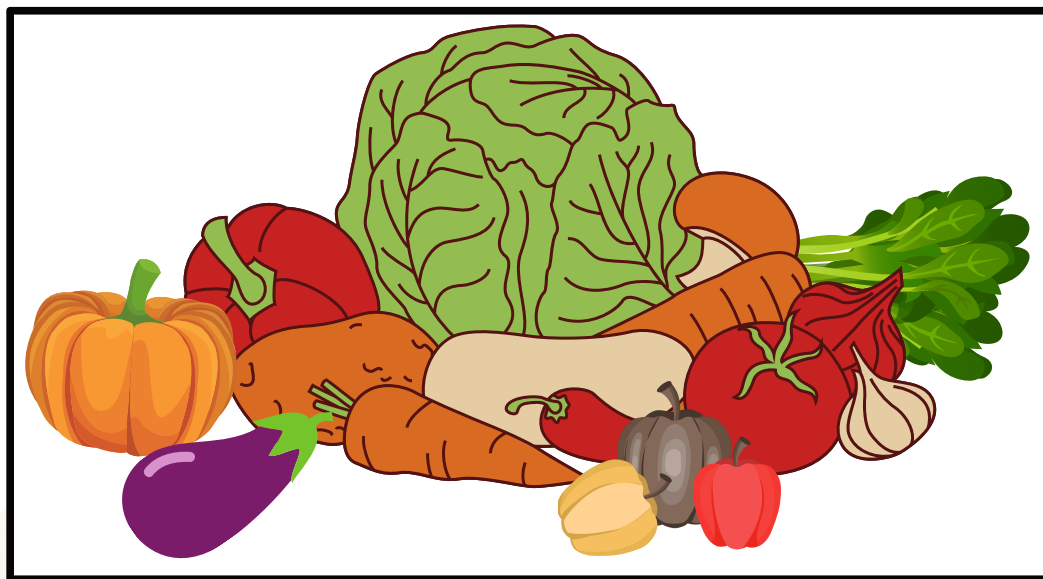
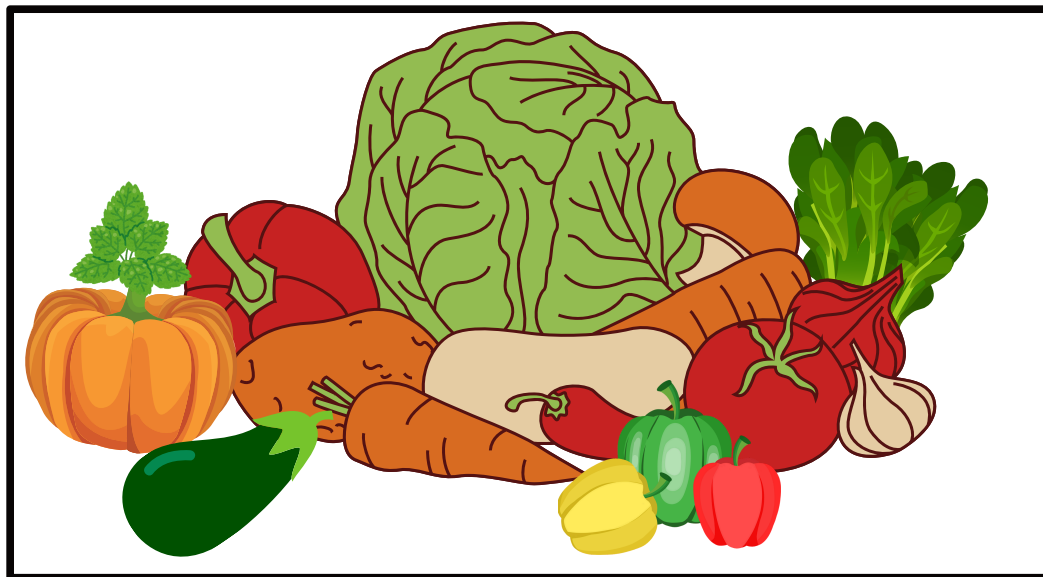
Directions: Look at both pictures. Spot the differences and encircle it.





SPOT the VEGETABLES

Directions: Look at both pictures. Spot the differences and encircle it.





NAME _____

the FRUIT

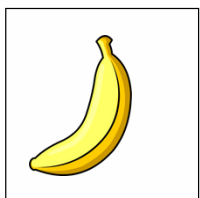
Directions: Read the rhyme. Guess the fruit and write its name.

watermelon

banana

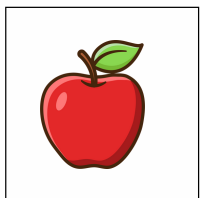
apple

grapes



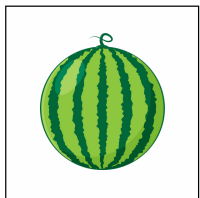
"I'm yellow and I love to peel.
Monkeys like me for every meal!"

=



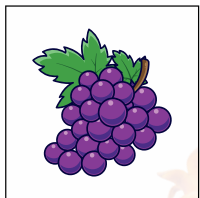
"I'm red and juicy, round and sweet.
A crunchy snack that's hard to beat!"

=



"I'm green outside with stripes all around.
Inside I'm red with seeds to be found!"

=



"I'm purple or green, and come in a bunch.
I'm sweet and small—good for lunch!"

=



NAME _____

the VEGETABLE

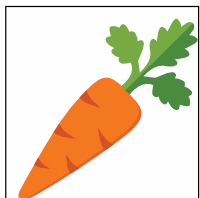
Directions: Read the rhyme. Guess the vegetable and write its name.

lettuce

carrot

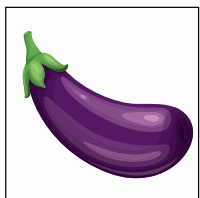
peas

eggplant



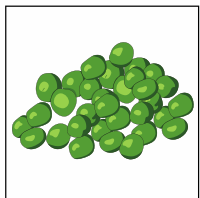
"I'm orange and long, I grow underground,
Bugs Bunny loves me —
I crunch when I'm found!"

=



"I'm purple and fat with a little green top,
In soups and stews, I'm added a lot!"

=



"I'm green and small, round as can be,
In a little pod — come count with me!"

=



"I'm leafy and green, I'm not very loud,
In salads and burgers, I make people proud!"

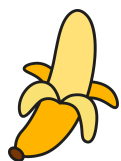
=



FIND the DIFFERENT ONE

Directions: Circle the one that doesn't belong in each group!

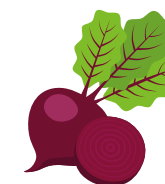
1.



2.



3.



4.



5.





FIND

the DIFFERENT ONE



Directions: Circle the one that doesn't belong in each group!

1. Grape - Banana - Car - Strawberry - Apple

2. Bread - Tomato - Cabbage - Lettuce - Squash

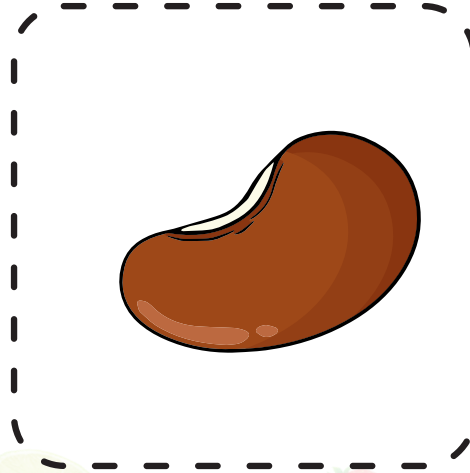
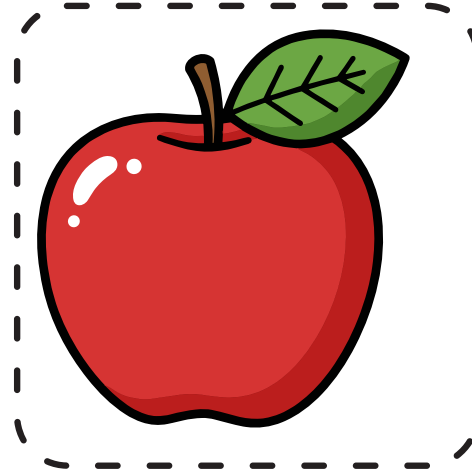
3. Okra - Alcohol - Broccoli - Eggplant - Potato

4. Stone - Mango - Kale - Radish - Zucchini

5. Guava - Fish - Kiwi - Apple - Watermelon



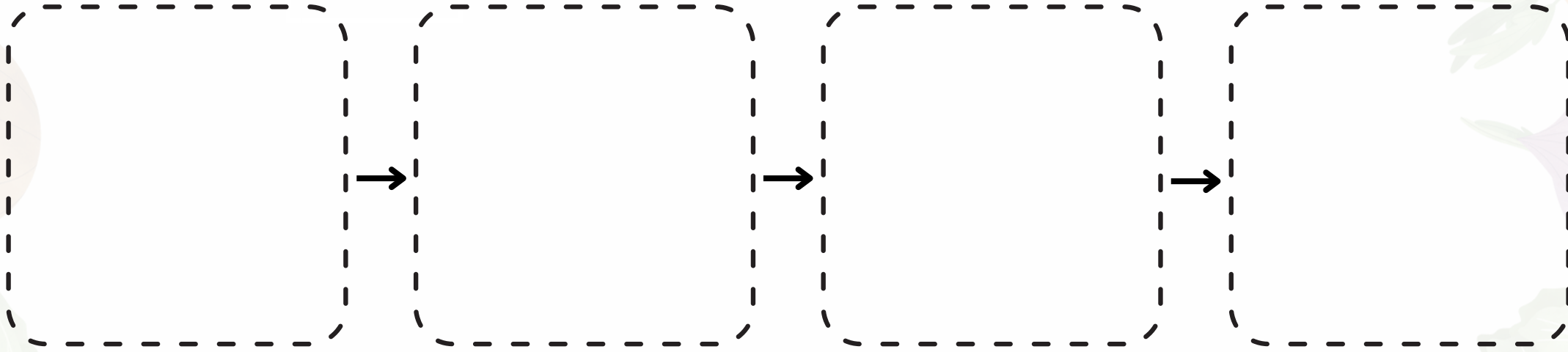
Directions: Cut out the pictures below and paste them in the correct order on page 18 – from SEED to FRUIT!





SEQUENCE IT!

how a PLANT GROW



Seed

Sprout

Plant

Apple



DRAW AND COLOR

your FAVORITE



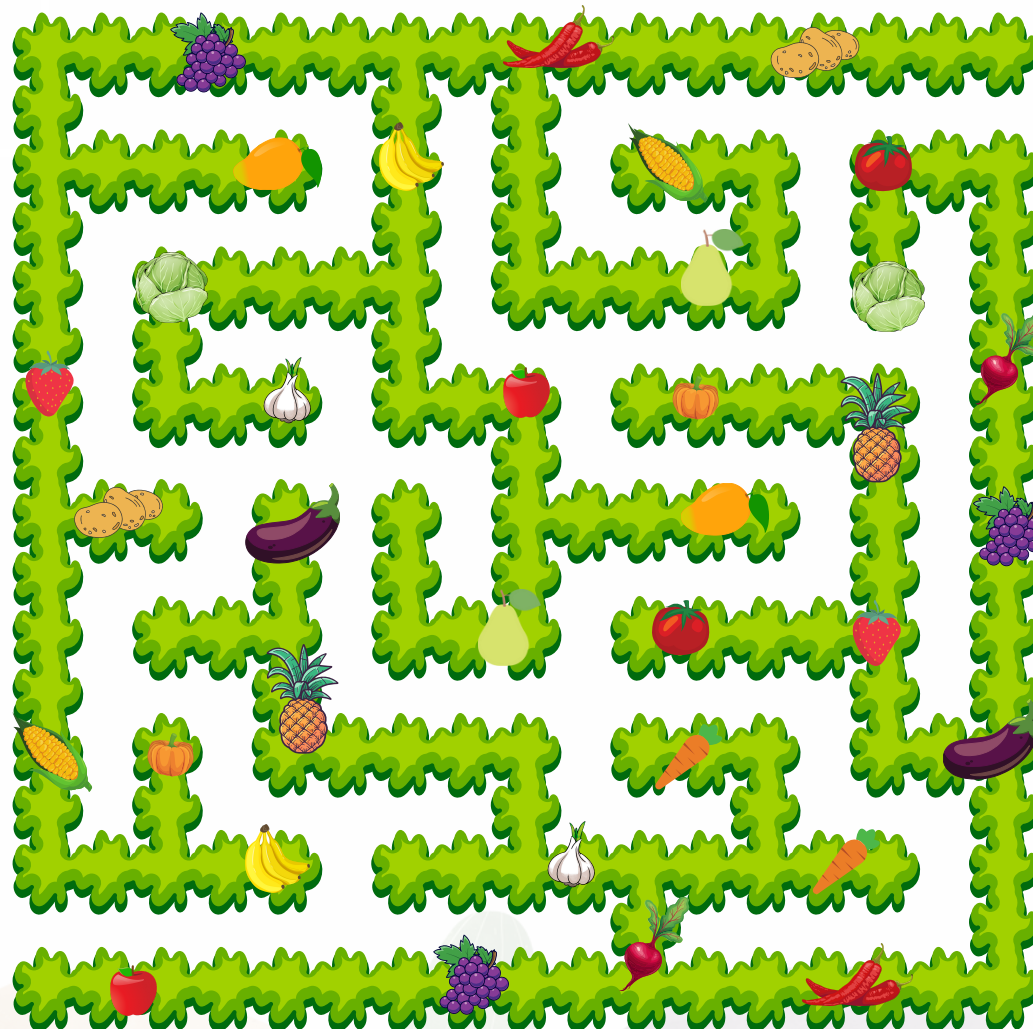
Directions: Draw your favorite fruit or veggie. Color it bright and give it a big smile :)



COLLECT THE FRUITS & VEGETABLES

Directions: Help the little farmer find the way through the maze!

Collect all the fruits and veggies along the path and reach his home!





CERTIFICATE OF COMPLETION

“You’re a Fruit & Veggie Star!

(Name)

has completed this activity book.

You’re now a Healthy Hero!”