

Name: \_\_\_\_\_

Section: \_\_\_\_\_



# Family Glow Goals

- **RED** fruits and vegetables are good for the \_\_\_\_\_.
- \_\_\_\_\_ and \_\_\_\_\_ fruits help prevent sickness.
- **YELLOW** and **ORANGE** vegetables give us healthy skin and \_\_\_\_\_.
- **GREEN** vegetables help keep us \_\_\_\_\_.
- **PURPLE** and **BLUE** fruits and vegetables also help \_\_\_\_\_.

**Eat a RAINBOW  
and watch us GLOW!**