

NAME \_\_\_\_\_

Primary & Intermediate Grades

# 5 A Day the North Carolina Way!

Brightly colored fruits and vegetables give your body healthy vitamins, minerals, and fiber! You should try to eat 5 servings or more, every day (hint: 1 serving is about the size of a tennis ball or a handful).



**DIRECTIONS:**  
Think about your favorite fruits and vegetables and color them in your home state!