



Name \_\_\_\_\_

## My Fruit and Veggie Goals

1. Circle the names of the fruits you have eaten.

Apple	Banana	Grape	Orange	Lime
Kiwifruit	Cantaloupe	Plum	Peach	Lemon
Pineapple	Blueberry	Raspberry	Strawberry	Guava
Blackberry	Pear	Cranberry	Grapefruit	Papaya
Watermelon	Mango	Cherry	Nectarine	Honeydew Melon

2. Write the names of fruits you would like to try.

3. How will you eat these fruits?

4. Describe a healthy snack that would include one of these fruits.

5. Circle the names of vegetables you have eaten.

Corn	Celery	Carrot	Lettuce	Cucumber
Peas	Potato	Squash	Zucchini	Green Onion
Onion	Radish	Rutabaga	Turnip	Beet
Pumpkin	Asparagus	Green Pepper	Green Beans	Artichoke
Cabbage	Cauliflower	Broccoli	Mushroom	Collard Greens

6. Write the names of vegetables you would like to try.

7. How will you eat these vegetables?

8. Describe a healthy meal that would include one of these vegetables.