

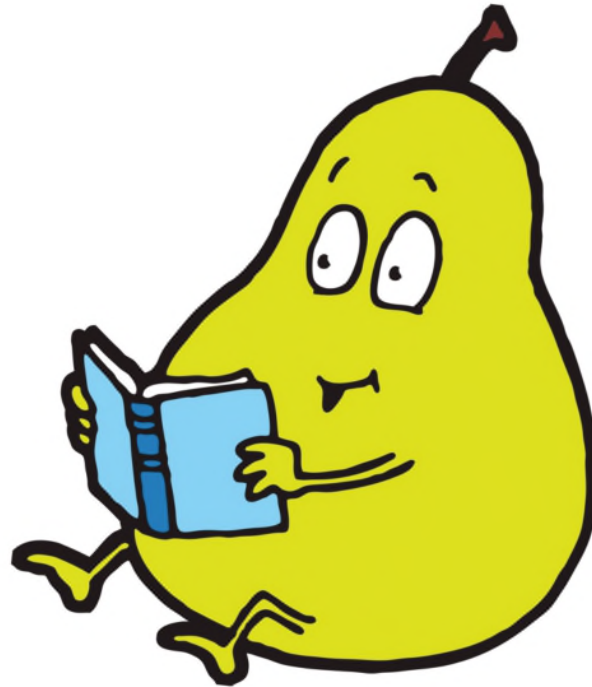
Color Your Plate with Fruits and Vegetables PK C

Have the children collect stickers from fruits and vegetables to encourage eating a rainbow. The following three pages are provided to give participants the chance to learn more about fruits, vegetables, and the ways they come to us.

The next page is a sign that explains the exercise. The two pages following the sign are designed to be printed back-to-back so that participants can take them home to fill in with stickers.

These pages are also available as a customizable and editable MS Word doc on the Resource Guide flash drive.

FRUITS + VEGGIES + STICKERS, OH MY!



Use the sheet provided to save all of the stickers from the fruits and vegetables that you eat this summer. Once your sheet is full, bring it to the youth help desk to be entered into a prize drawing. Return your sheet by _____ to be eligible to win.



FRUITS + VEGGIES + STICKERS, OH MY!



What do the stickers mean?

Examine the little stickers that come on each fruit or vegetable: What can you tell about the fruit or vegetable from that sticker? The stickers usually include brand names, logos, and country of origin information, in addition to a PLU (product look-up) code. The PLU code that the cashier uses to check the price can also tell you more about your produce.

For instance, if the sticker has a 4-digit PLU number, that indicates that it is conventionally grown. If it has a 5-digit number that begins with a 9, it is organically grown. If it has a 5-digit number that begins with 8, it is genetically engineered. This numbering system applies to all fruits and vegetables. You can look up the PLU

information for a specific code at: ifpsglobal.com/PLU-Codes/PLU-codes-Search

Source: missourifamilies.org/features/nutritionarticles/nut76.htm



Place your fruit and vegetable stickers on this sheet.

Turn in your completed page to the youth desk by _____ to be entered into a prize drawing!

Name: _____ Phone Number: _____

Fruits and Veggies and Stickers, Oh My!

Demonstrate your healthy eating habits. Save the little stickers from fruits and vegetables that you eat.

