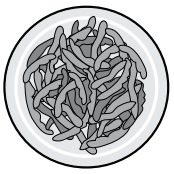
Say Yes to Fruits and Vegetables

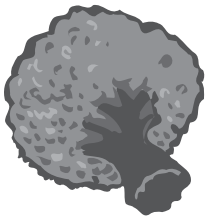
Vegetables

Frozen peas and carrots



Green beans

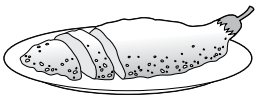
Spinach



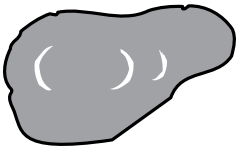
Broccoli

Tomatoes

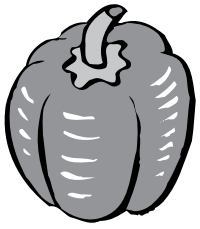
Bok choy (*pechay*)



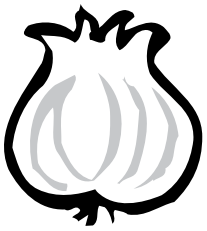
Eggplant



Sweet Potato (*camote*)



Pepper



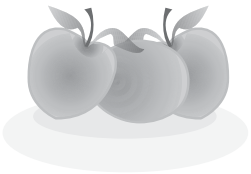
Green onions

Cucumber

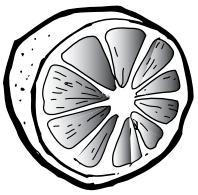
Cabbage

Cut out these foods, and use them for the activity.

Fruits

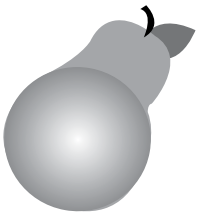


Cherries



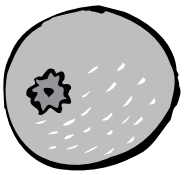
Grapefruit

Canned peaches in fruit juice



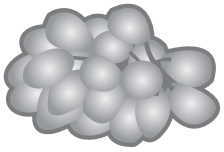
Papaya

Banana

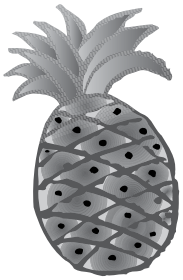


Orange

Apple



Grapes



Pineapple

Mango

Peach

Guava

Cut out these foods, and use them for the activity.