

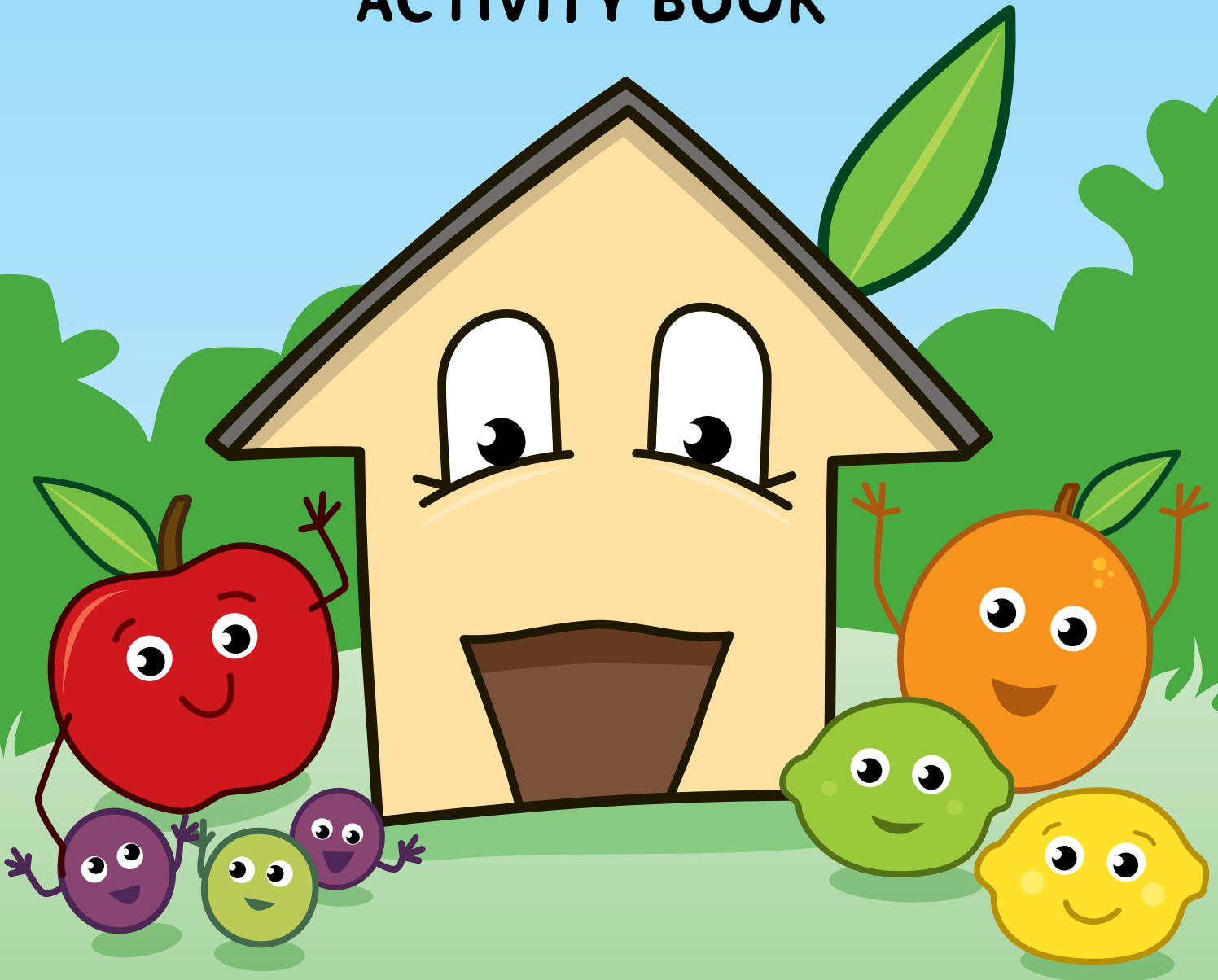


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HEALTHY • AT • HOME

ACTIVITY BOOK



Good for the body, good for the soul.



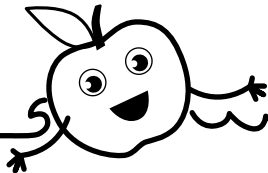
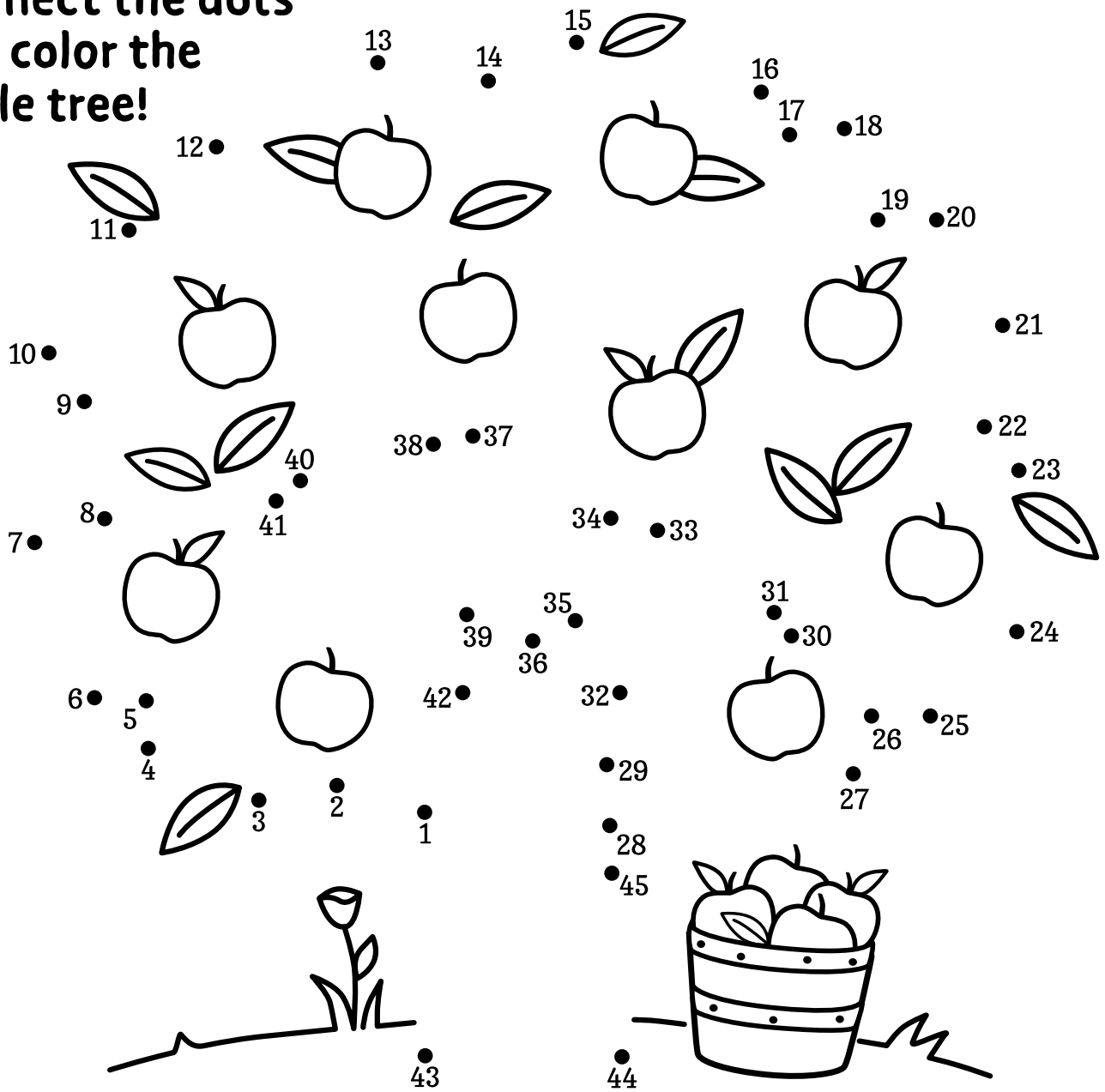
Tropicana®





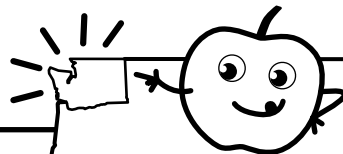
Apples are a good source of fiber and vitamin C and are a filling snack due to their high fiber content.

**Connect the dots
and color the
apple tree!**



Did you know...

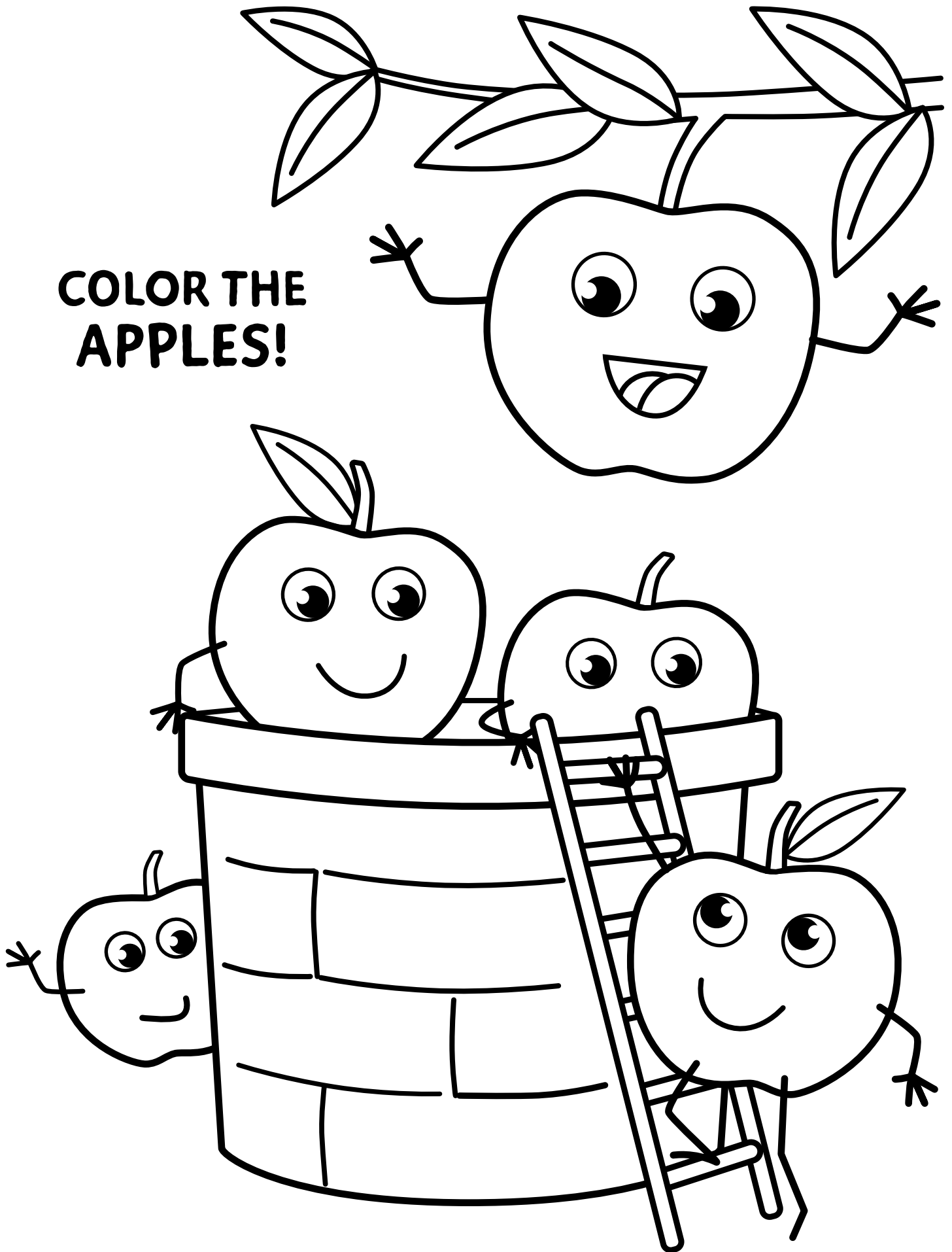
Apples float in water because **25%**
of their volume is actually air.



58% of America's apples
are grown in the state
of Washington!



**COLOR THE
APPLES!**



Tropicana®

Oranges are a fresh, delicious treat. Mandarins are sweet and easy to peel. Perfect for lunches!

Citrus fruit word find

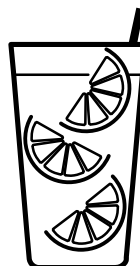
SEEDLESS, FRESH, MANDARIN, ORANGE, LIME, FRUIT, SWEET, SNACK,
GREEN, YELLOW, LEMON, AND JUICE

S	E	E	D	L	E	S	S	F	G	E	T
U	B	O	H	E	C	S	F	R	E	S	H
L	N	M	V	O	L	I	M	E	P	K	L
O	R	A	N	G	E	P	C	N	J	N	F
S	J	N	H	A	M	K	E	F	U	E	R
G	H	D	K	D	O	J	H	E	I	E	U
F	G	A	E	Z	N	U	T	U	C	R	I
N	G	R	E	E	N	I	S	W	E	E	T
U	R	I	V	C	I	C	N	T	S	U	O
E	A	N	T	J	F	T	A	U	R	T	S
T	R	O	I	F	H	C	C	O	A	E	C
Y	E	L	L	O	W	E	K	N	Y	X	U

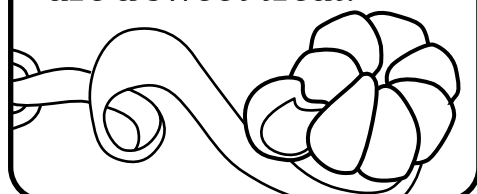
70% of the
oranges grown in
the United States
come from
Florida.

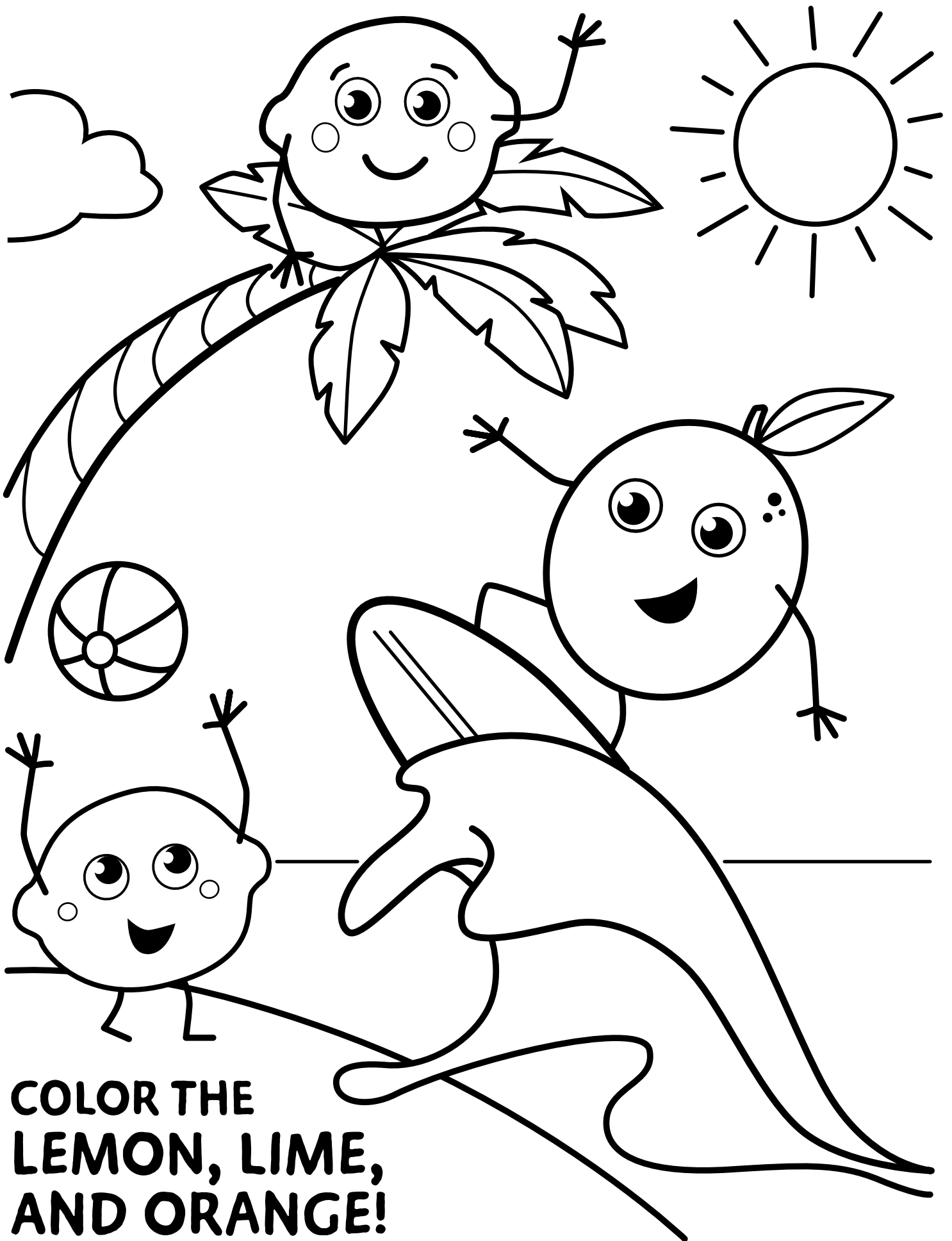


What do you
give an
injured lemon?
Lemonade!



Easy peel mandarins
are a sweet treat!



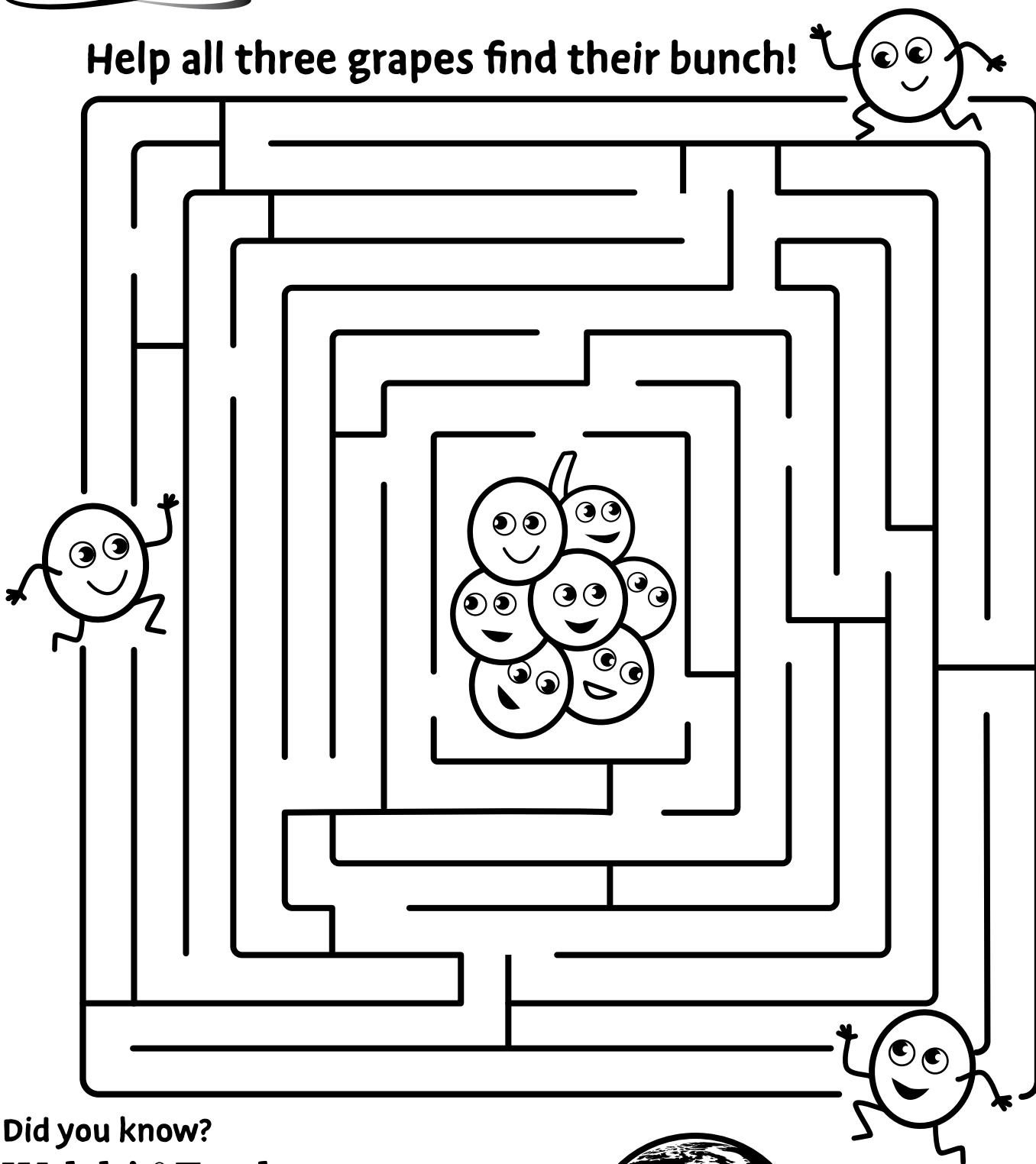


**COLOR THE
LEMON, LIME,
AND ORANGE!**



Sweet, juicy grapes are easy to pack, fun to eat, and a rich source of vitamins.

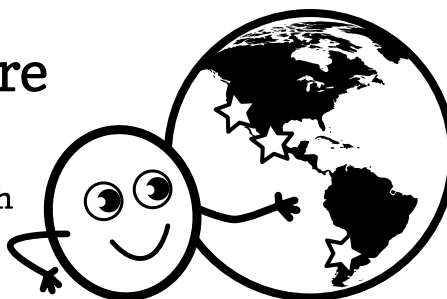
Help all three grapes find their bunch!



Did you know?

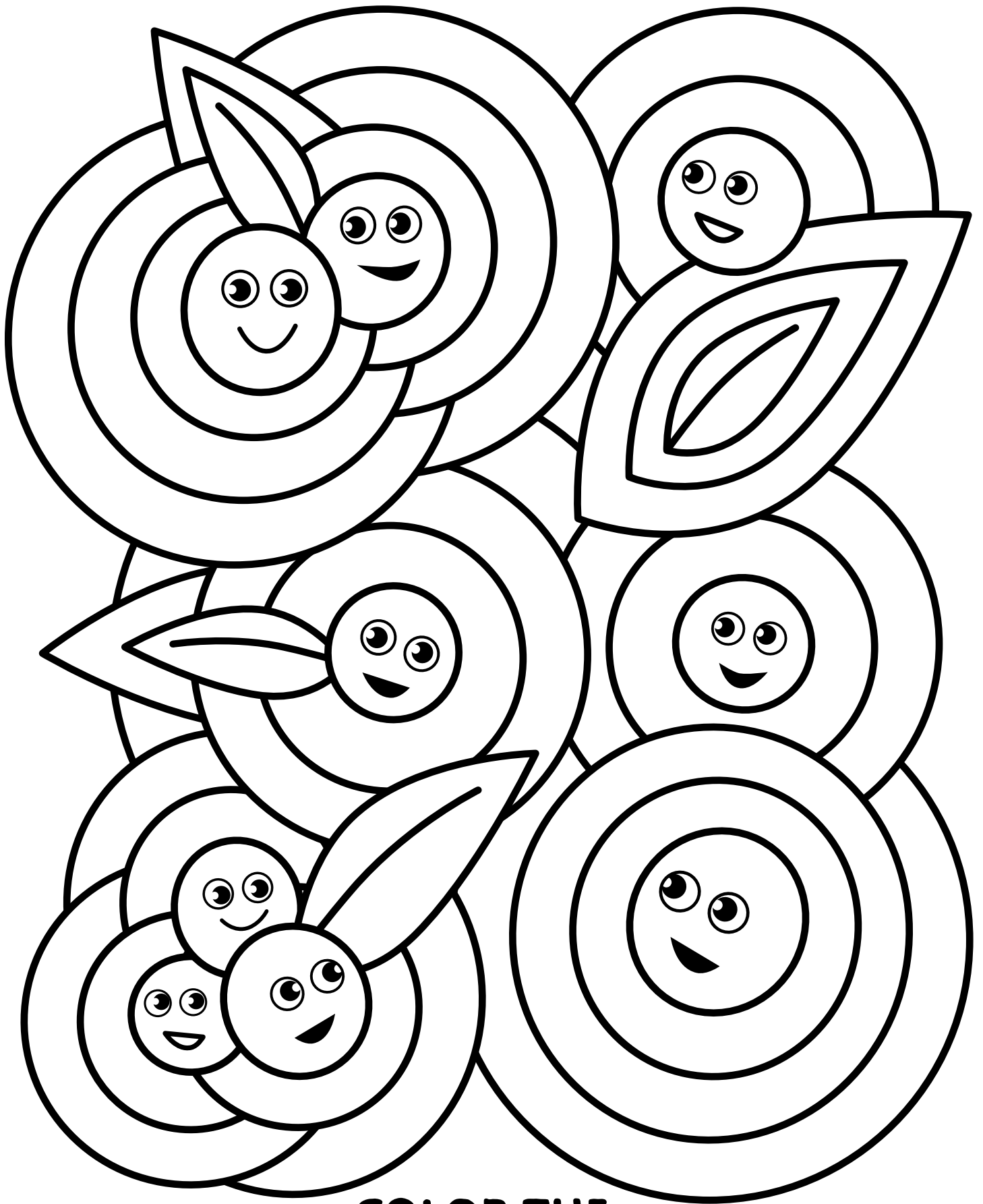
Welch's® Fresh grapes are available all year long.

They are grown in California, April through November; Chile, December through March; and, Mexico, April through June.



Why aren't grapes ever lonely?

Because they come in bunches!



**COLOR THE
RED & GREEN GRAPES**



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