

# I Say Fruits and Vegetables

We eat a rainbow  
of colors every day.  
They help make us  
strong so we can play!

I say red.  
We say apples and cherries!  
I say blue.  
We say big blueberries!  
I say green.  
We say zucchini would be yummy!  
I say purple.  
We say plums will please our tummy!  
I say yellow.  
We say squash would be nice!  
I say orange.  
Let's have a carrot by the slice!

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every day.  
They help make us strong  
so we can play!



**Say it, do it!** < Copy this poem, post it, and use it over and over again. Say the poem together in an area where everyone has the space to move.

When you come to a fruit or vegetable, encourage children to strike a pose. If you say cherries, children might ball up on the floor. If you say carrot, they might stand up on their tiptoes. Name various movements rapidly so children are moving around!

Add your own colorful foods to the poem. Say the first part of each line ("I say red..." or "I say green...") and encourage children to call out their own healthy red or green fruits and vegetables.



healthy  
habits for life™