

Fruit I Can Eat

Pre-Kindergarten

Fruits by colour, so choosing one becomes a game.

Point to one, then find it in the fruit bowl.

RED AND PINK

apple

strawberry

cherry

raspberry

watermelon

plum

YELLOW AND ORANGE

banana

orange

mango

peach

lemon

apricot

GREEN AND PURPLE

grapes

pear

kiwi

lime

blueberry

fig

Try to eat a different colour every day of the week.