

Nutrition Puzzles: Orange Fruits and Vegetables

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Circle all the orange fruits and vegetables you can find. Eat at least one orange fruit or vegetable today!

t r p o p r n t c e i a l r t t n
i a n a e t a i t a p p m a p l w
t t e e p e c l k r r o p a s t m
s e p m c b s t o c i r p a r t i
e o p e n o e n a s n a o s a a o
o o a a e t e n u n y n p t s p r
t l s u u e t e n a g g b s s e r
a a a r p a e o s a t e e e t a o
t g p n l g a e c a r s r n n n e
o t a o a r o r s a r p i i o p a
p g u a o n o p s a e k e r n n t
t p e r r p e r l r p g g a e e e
e l p t o s r i e m e w w t a r s
e t o o o i t s u r n n k c a b e
w a a a e e g p g p w r t e r e p
s r e p p e p l l e b e g n a r o
a r a e i p o o y a e t g s o e w

apricots
nectarines
papayas
tangerines

cantaloupe
orange bell peppers
pumpkin

carrots
oranges
sweet potatoes