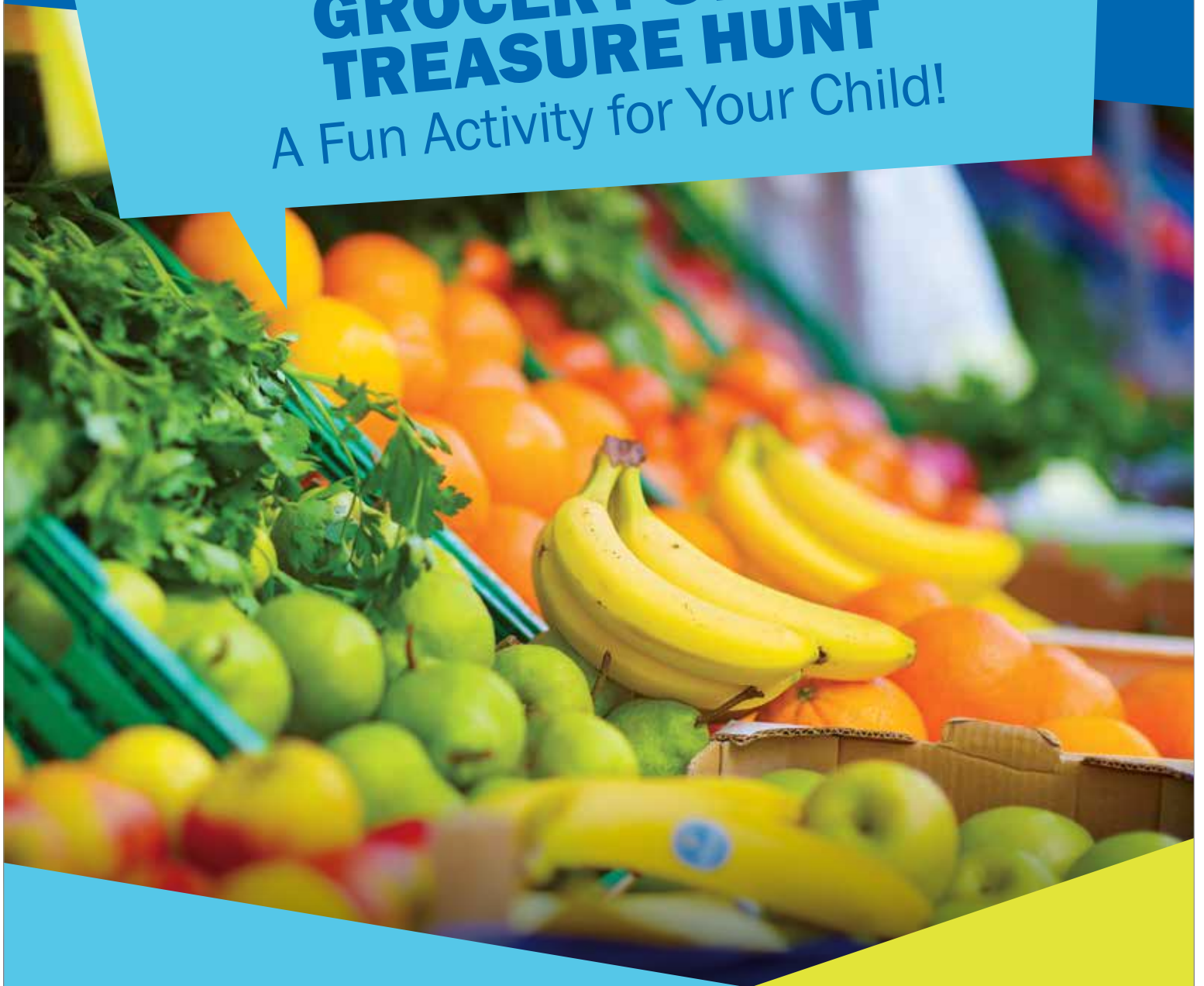


GROCERY STORE TREASURE HUNT

A Fun Activity for Your Child!



High Five!
POWERED BY
BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH

Your child has been learning about nutrition and eating different colors of food. You can help your child apply what they have learned by playing “color treasure hunt” the next time you go to the grocery store.

The object of this game is to find 2 fruits and/or vegetables in the produce section for each specific color (red, yellow, green, orange, white). After you find the fruit and/or vegetable together under the appropriate color please write the name of the food on the line provided. Examples of fruits and vegetables that you can search for have been provided for you below.

If possible, choose 1 or 2 fruit(s) and/or vegetable(s) that your child has never eaten. Take these new fruits and/or vegetables home and try them with your child.

RED	YELLOW	GREEN	ORANGE	WHITE
1	1	1	1	1
2	2	2	2	2
				