

Chewing Activity



Carrot

Estimated # of chews

Actual # of chews



Cranberries

Estimated # of chews

Actual # of chews



Kiwi

Estimated # of chews

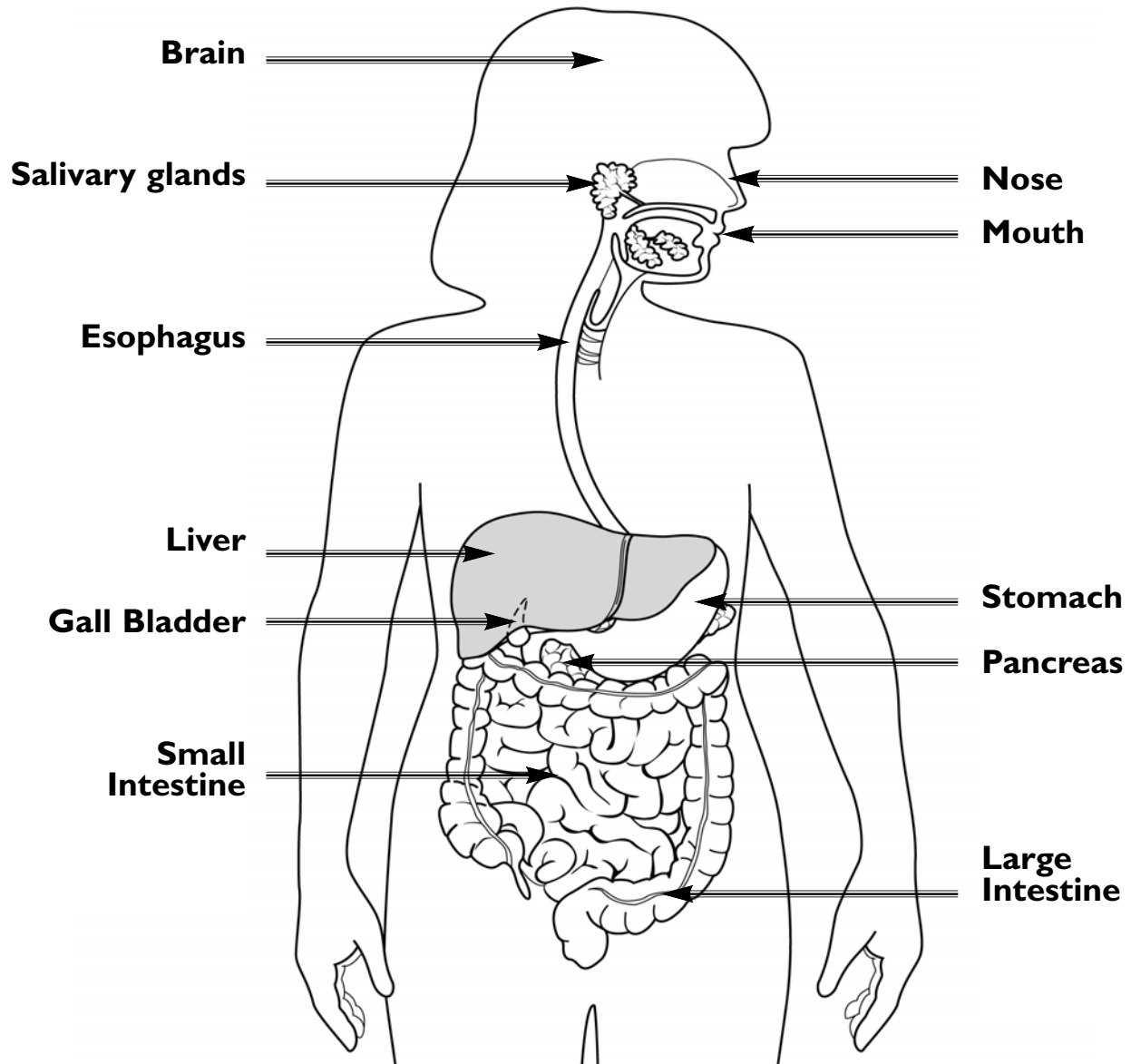
Actual # of chews

Examples of fruits and vegetables in different colors

Orange/yellow	Red/purple	White	Green
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Digestion Diagram

– Helping Your Body Use Its Fuel



Substances in fruits and vegetables that fight off disease and give them their bright colors:

1.

Substances in fruits and vegetables that cruise through your body, gobbling up the harmful molecules:

2.
