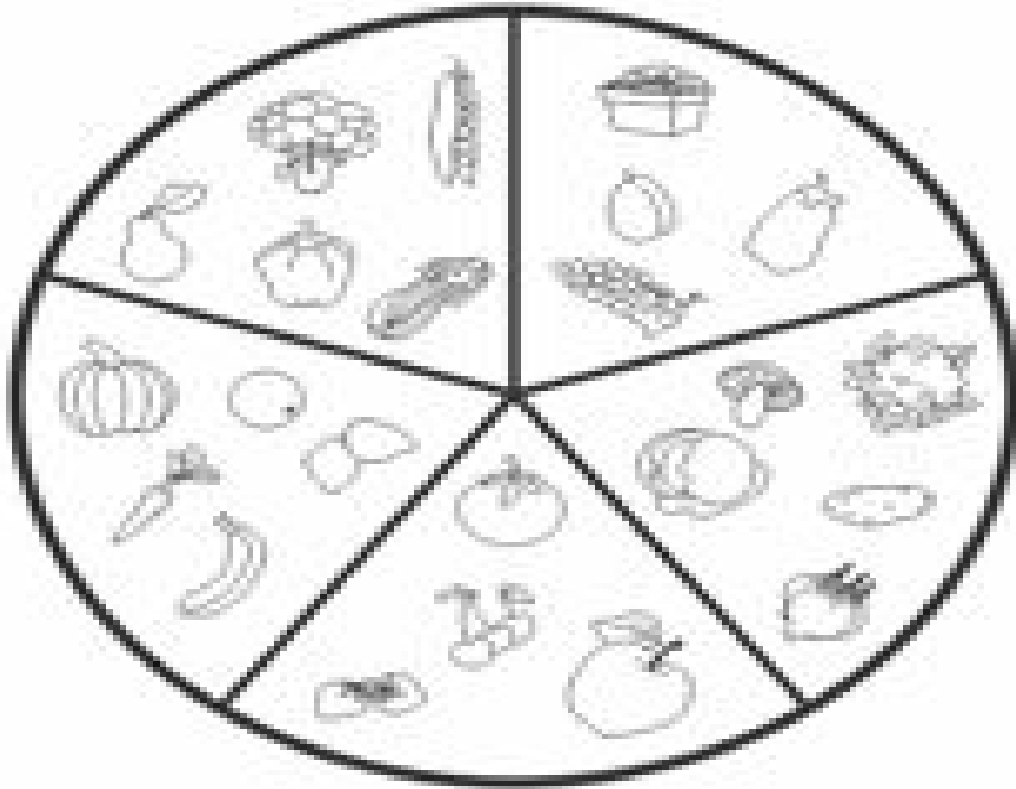


LESSON 13 Colors



The Garden Color Wheel

Red fruits and vegetables help your brain better stay healthy by helping you
stay calm, confident and focused.

Orange and yellow fruits help you feel healthy and strong with energy and endurance.

Green like cucumbers and zucchini, help your body stay fresh and cool during your workout.

Black and purple help you stay healthy and strong with your immune system.

White fruits like apples help keep your heart and lungs strong and healthy with healthy fats and proteins.