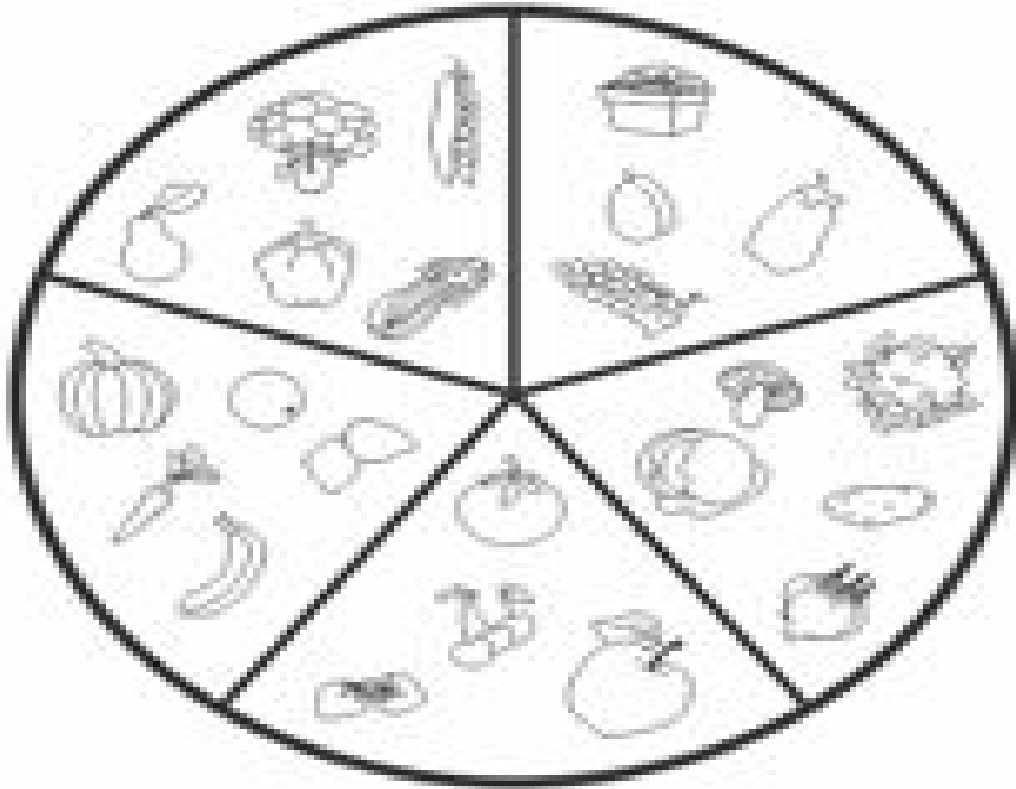


## LESSON 13 Colors



### The Garden Color Wheel

Red fruits and vegetables help your blood flow and healthy skin. Healthy skin is important for your health.

Orange and yellow fruits help your heart healthy and strong. They contain vitamin C.

Green and purple fruits help your body healthy and strong. They contain vitamin A.

White and yellow fruits help your body healthy and strong. They contain vitamin B.

Black and blue fruits help your body healthy and strong. They contain vitamin D.