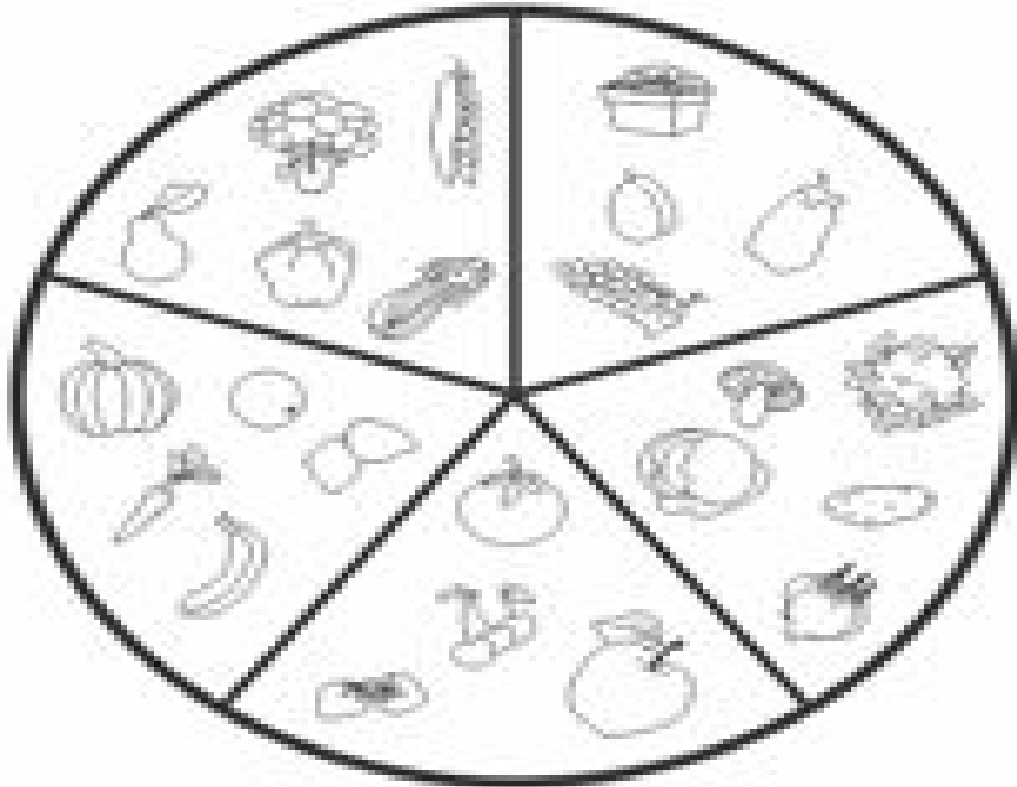


## LESSON 13 Colors



### The Garden Color Wheel

Red fruits and vegetables help your brain better stay healthy by helping you  
stay calm, peaceful and less stressed.  
Orange and yellow fruits help you feel healthy and strong with energy when you work.  
Green like cucumbers and carrots, help your body stay strong and help you focus when you work.  
Black and purple help you stay calm and peaceful when you work and help you stay healthy.  
White fruits like apples help you stay calm and less stressed and healthy when you work.