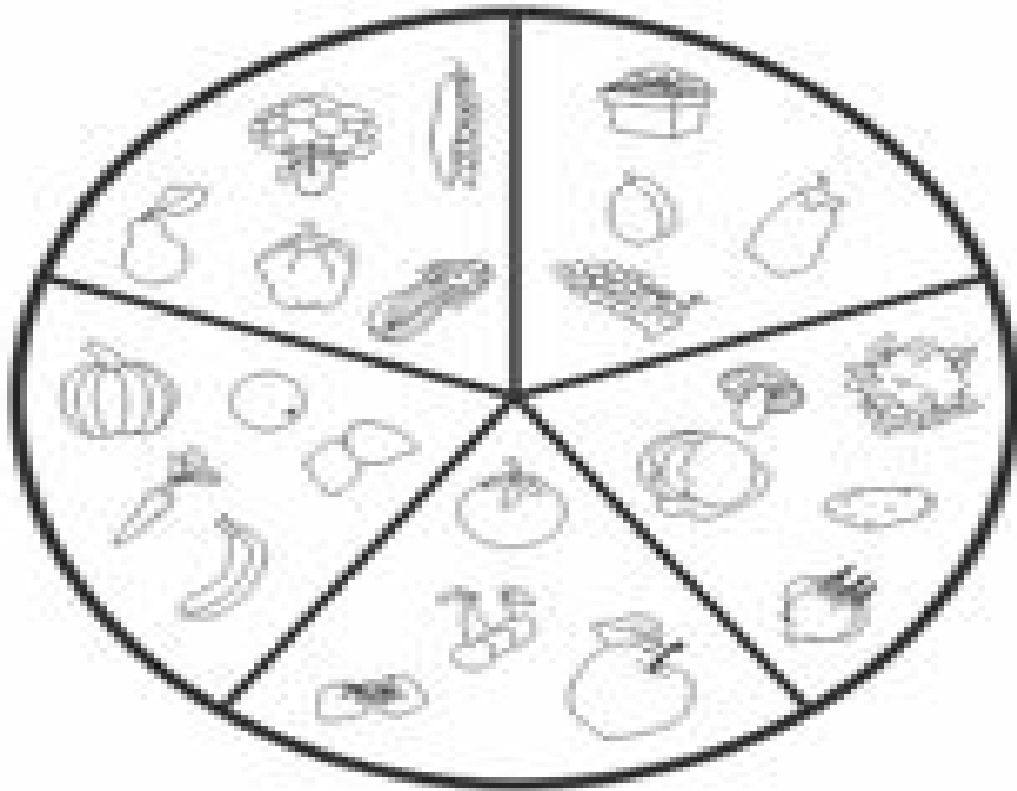


LESSON 13 Colors



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 and endurance.
Green like cucumbers and zucchini, help your body stay fresh and cool during hot summer.
Black and purple help you stay healthy and strong with energy and health.
White fruits like apples help you stay cool and healthy and strong with energy and health.