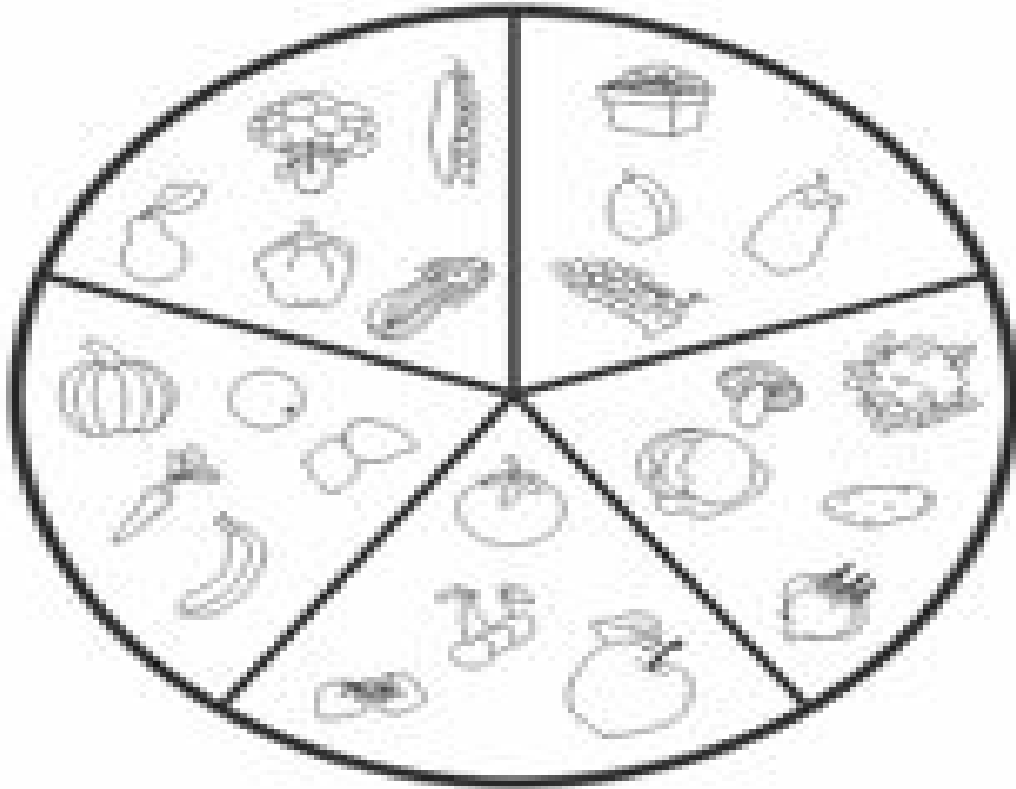


LESSON 13 Colors



The Garden Color Wheel

Red fruits and vegetables help your brain better stay healthy by helping pump
iron, calcium, potassium and zinc around.

Orange and yellow fruits help your heart healthy and energy with vitamins A and C.

Green like spinach, broccoli and asparagus, help your body pump blood and keep your bones strong with calcium.

Black and purple help protect your cells from damage and also prevent aging from within.

White fruit like apples help keep your heart and lungs strong and healthy with vitamins A and potassium.