The color of a fruit or vegetable is a clue to the nutrients inside. Each color and each nutrient helps a different part of your body. Color in the part of your body that is helped by that color fruit or vegetable.

- **Purple/Blue** to help your brain think
- **Yellow/Orange** to help your eyes see
- **Red/Orange** to help your heart pump
- **Green** to help your lungs breathe
- **White** to help your bones be strong

**Name:** ______________________________

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**Color a Healthy Human**

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