



This food is good for your heart and brain. It lives in the ocean and contains omega-3 fatty acids which prevent heart attacks.



This is a green veggie that looks like a tree. It has lots of Vitamin C and fiber. It also helps with cell repair and blocks cancer cell growth.



Rabbits love this orange veggie, it has lots of Vitamin A and antioxidants that are good for your skin and teeth.



Popeye gets his strength from this green veggie. It has lots of calcium, potassium, and iron which prevents hair loss and lowers blood pressure.



This green veggie is crunchy and can be good dipped in peanut butter or ranch. It has lots of vitamins and minerals good for heart and digestive system.



Snow White is famous for eating this red fruit. It is good for you heart, teeth and can help prevent diabetes.



Monkeys love this yellow fruit! It helps with better digestion and protect against muscle cramps.



Unlike the jalapeño pepper, these colorful veggies are not spicy. They contain Vitamins C and E which keep your skin looking young and glowing.



This food is used to make popular dishes like guacamole. They help lower cholesterol levels and keep your heart healthy.



Lil Jon says Turn\_\_ for what in his song about this purple veggie. It has lots of fiber and vitamins that keep you healthy.

