

# Color Me Healthy: Enjoying Fruits and Vegetables



Kansas State University  
Agricultural Experiment  
Station and Cooperative  
Extension Service






Mary L. Meck Higgins, PhD, RD, LD, CDE

## Suggested Introduction

Colorful, tasty fruits and vegetables provide beneficial substances that help maintain health. Eating a diet with plenty of pigments and antioxidants helps slow the processes associated with aging and protect against some chronic diseases. This lesson will describe benefits of eating fruits and vegetables in a variety of colors, and discuss which are especially good for health. Resources for fresh produce selection, handling and preparation are included.

### Educational Goals

As a result of participating in this program, it is intended that the learner will be able to:

-  Identify different color groups of fruits and vegetables.
-  Make meal and snack choices that include five to nine servings of fruits and vegetables daily.
-  Describe several health benefits associated with eating fruits and vegetables.
-  Verbalize practices and plans of fruit and vegetable consumption.
-  Enjoy learning and increase the desire for fruits and vegetables each day.

## Suggested Program Preparation

1. Review this leader's guide and accompanying fact sheet, *Color Me Healthy: Enjoying Fruits and Vegetables*, MF-2649.
2. Visit the K-State Research and Extension Human Nutrition fruits and vegetables Web site at: [www.oznet.ksu.edu/humannutrition/freshfruitsandvegetables.htm](http://www.oznet.ksu.edu/humannutrition/freshfruitsandvegetables.htm). For instance, click on the link for the *Fix It Fresh!* cookbook, which includes fact sheets describing ways to select, store and prepare more than 20 fresh fruits and vegetables. Other resources on the site provide nutrition and food safety information, posters, children's activities and links to other sites.
3. Lesson materials you will need are: scissors, large poster paper and markers. For each participant, provide a pen or pencil, notepaper and a copy of:
  - a. *Color Me Healthy: Enjoying Fruits and Vegetables*, MF-2649, including the participant survey (pages 7–8).
  - b. Any recipes you want to distribute.