

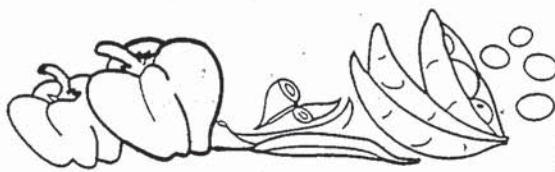


# What does CAULIFLOWER bring me?



## Color Your Meals Healthy!

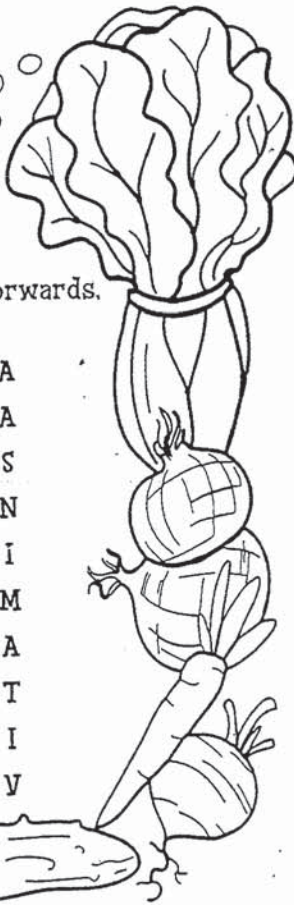
Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



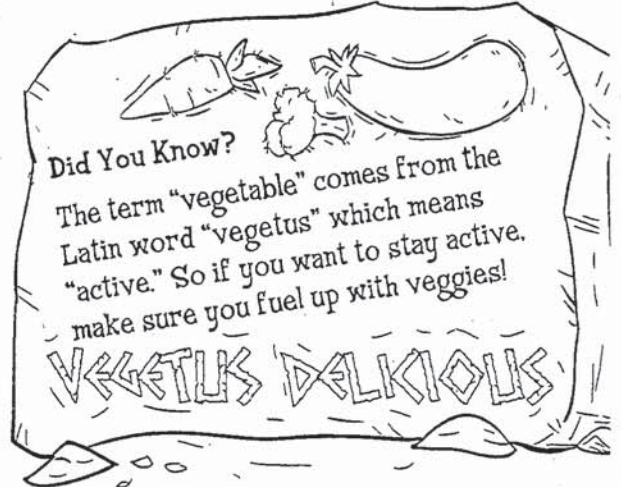
## Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K H O R T A B N R O C A  
 V E G E T A B L E J A A  
 R A L E T A R S E M R S  
 X L O T A M O T J Y R N  
 C T J E T A C L Y J O I  
 V H G B T O C V E M T M  
 K A L E T A O W E R A A  
 Q E E G G P L A N T F T  
 V E G E T R I L M S A I  
 N E C U T T E L E D A V



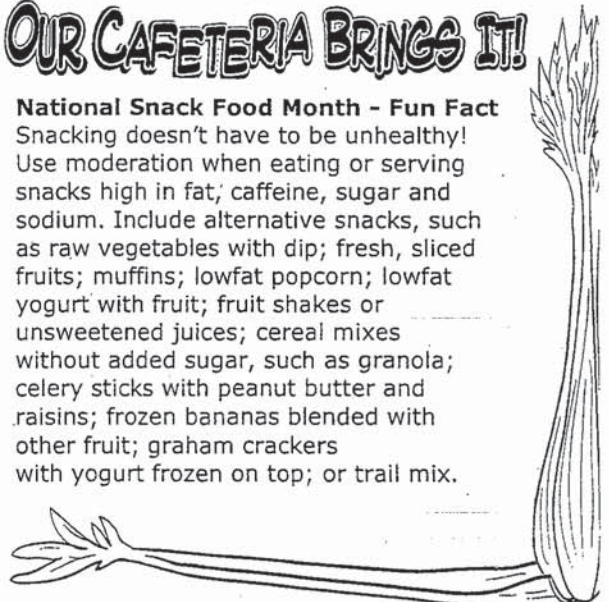
(Answers: Vegetable, Broccoli, Kale, Lettuce, Tomato, Eggplant, Carrot, Turnip, Radish, Cauliflower, Corn)



## OUR CAFETERIA BRINGS IT!

### National Snack Food Month - Fun Fact

Snacking doesn't have to be unhealthy! Use moderation when eating or serving snacks high in fat, caffeine, sugar and sodium. Include alternative snacks, such as raw vegetables with dip; fresh, sliced fruits; muffins; lowfat popcorn; lowfat yogurt with fruit; fruit shakes or unsweetened juices; cereal mixes without added sugar, such as granola; celery sticks with peanut butter and raisins; frozen bananas blended with other fruit; graham crackers with yogurt frozen on top; or trail mix.



### Food and Nutrition

3E'S OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER TODD STAPLES

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

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