



Name: \_\_\_\_\_

Date: \_\_\_\_\_



Pack Assorted Colors for Kids

100% Grape Juice

# POWER UP WITH COLORFUL FRUITS AND VEGGIES

## JUICY JUMBLE

Make your way through this letter maze in one continuous line from "start" to "finish" by connecting the letters of these various types of 100% fruit juice

CONCORD GRAPE JUICE, ORANGE, APPLE, WHITE GRAPE, STRAWBERRY KIWI, PEAR

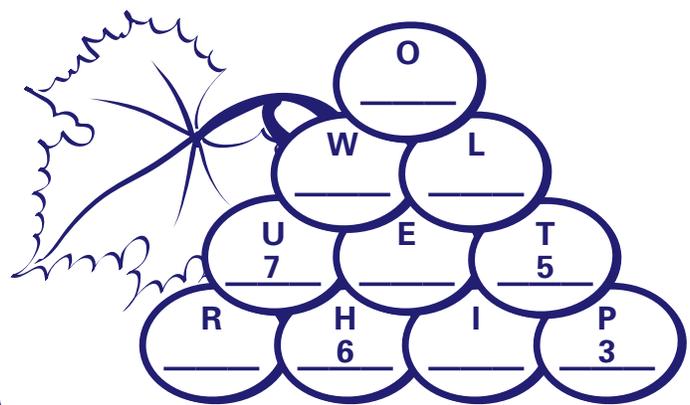
START

C	C	→	R	D	G	P	P
O	N	E	P	A	R	A	L
I	U	J	A	N	G	E	E
C	E	O	R	T	I	H	W
E	B	W	A	E	G	R	A
R	K	I	R	T	S	E	P
R	Y	W	I	P	E	A	R

FINISH

## PYRAMID POWER

Uncover the secret message in this pyramid of grapes. In this math puzzle, the number on each grape is the sum of the two below it. Figure out all of the answers and then use the code to unlock the secret message.



3 28 15 8 1 7 3

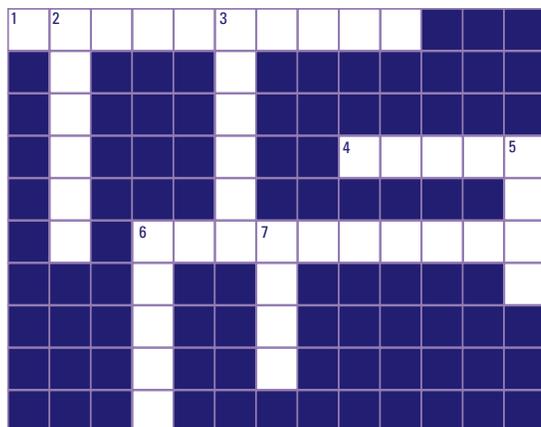
15 2 5 6 3 7 1 3 13 8

FRUITS & VEGGIES.

## COLORFUL CROSSWORD

ACROSS:

- I'm a fruit in the red color group and my seeds are on the outside.
- An \_\_\_\_\_ a day, keeps the doctor away.
- A delicious purple drink that counts as a fruit if it's 100%.



DOWN:

- I am red when I'm ripe. My sauce tastes great on pizza.
- I'm easy to eat any time of day – just peel down my yellow skin.
- Fruits and vegetables in the yellow/orange color category help this part of your body to see better.
- Broccoli and cucumbers are part of what color group of fruits and vegetables?
- We come in a pod and we are a green vegetable.

Did you know that just 1/2 cup of 100% juice counts as a serving of fruit?



# P.A.C.K. WEEK



Pack Assorted Colors for Kids

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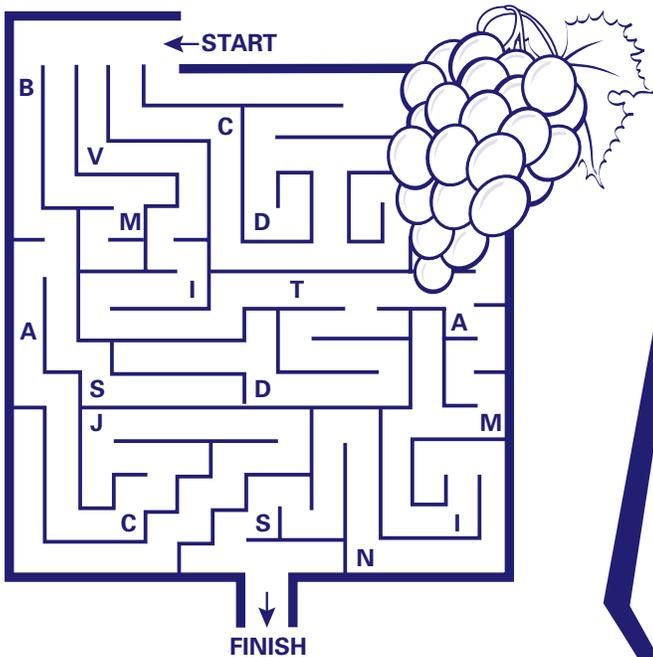


100% Grape Juice

## POWER UP WITH COLORFUL FRUITS AND VEGGIES

### A-MAZE-ING FRUITS & VEGETABLES

Find your way through this maze from "start" to "finish". Write the letters you meet on the way to learn what your body gets from eating colorful fruits and vegetables.



Eating fruits and vegetables give your body important \_\_\_\_\_ and minerals.

### HELP BRIANNA MEASURE UP

Brianna, who is healthy, strong and active, needs about 2 ½ cups of vegetables and 1 ½ cups of fruit each day. Help her make tasty and smart food choices by selecting the right amount of fruits and veggies for her. Check off a total of 2 ½ cups of vegetables and 1 ½ cups of fruit for her to eat today:

- \_\_\_ ½ cup green beans (counts as ½ cup)
- \_\_\_ ½ cup 100% grape juice (counts as ½ cup)
- \_\_\_ 6 baby carrots (counts as ½ cup)
- \_\_\_ 1 snack-sized container of peaches (counts as ½ cup)
- \_\_\_ ½ cup squash (counts as ½ cup)
- \_\_\_ 1 small sized banana (counts as ½ cup)
- \_\_\_ ½ cup peas (counts as ½ cup)
- \_\_\_ 1 large plum (counts as ½ cup)
- \_\_\_ 3 spears broccoli (counts as 1 cup)
- \_\_\_ 1 small apple (counts as 1 cup)
- \_\_\_ ½ cup sweet potatoes (counts as ½ cup)
- \_\_\_ 1 large ear corn on the cob (counts as 1 cup)



*Brianna Broccoli*

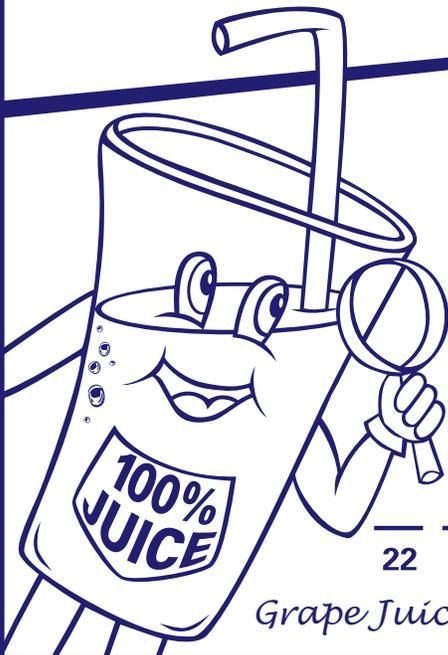
### MESSAGE MYSTERY

Help Grape Juice Jack decode the message below. Each number represents a letter of the alphabet (A=1, B=2, C=3 ... Z=26)

5 1 20 3 15 12 15 18 6 21 12

6 18 21 9 20 19 1 14 4

22 5 7 7 9 5 19 5 22 5 18 25 4 1 25



*Grape Juice Jack*