

Fruit and Vegetable Cards

These cards are for use in the fitness activity.



apples



apricots



artichokes



avocados



bananas



beets



berries



bok choy



broccoli



brussels
sprouts

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



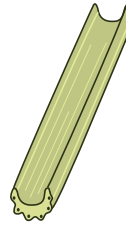
cabbage



carrots



cauliflower



celery



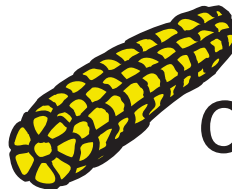
cherries



coconuts



collards



corn

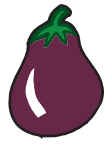


cucumbers



dates

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eggplant



figs



grapes



grapefruit



green
beans



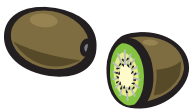
green
peppers



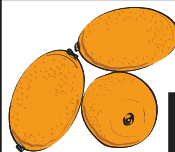
kale



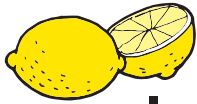
kelp



kiwi



kumquats



lemons



lettuce



limes



mangoes



melons



mushrooms



nectarines



okra



onions



oranges

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papayas



parsnips



peaches



pears



peas



peppers



persimmons



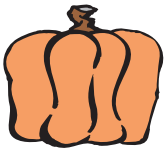
pineapples



plums



prunes



pumpkins



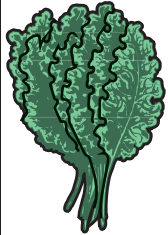
radishes



raisins



romaine
lettuce



spinach



squash



sweet
potatoes



Swiss
chard



tangerines



tomatoes



turnips



zucchini

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