





Copy the booklet for students. Cut apart each student's cover and pages. Stack the cover and pages and then staple the stack along the left edge. To begin, ask students to name various ways they eat fruits and vegetables. Next, give each student a booklet. Read the booklet with students. Then instruct each student to write his or her name on the cover, trace the large numbers on the first three pages, and color the illustrations. Have students practice reading their booklets before they take them home to share with their families.