



IN-SEASON COLORING SHEET

DELAWARE 4-H *Healthy Living*

GOALS

To review concepts of eating produce in season, in the hopes of increased consumption of fruits and vegetables. Participants will gain knowledge of nutrition.

SUPPLIES

- This sheet of paper
- Coloring sheet
- Crayons/markers/colored pencils

TIME REQUIRED

10-20 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Ask participants if they knew that fruits and vegetables are grown during different seasons of the year.
2. Ask participants if there are any fruits or vegetables that they eat more during one season compared to the others.
3. Tell participants that they are going to be doing a fun activity related to fruits and vegetables.
4. Hand out coloring sheets and crayons/markers/colored pencils to each table.

REFLECT: Ask Youth

1. Why did I have you color in this sheet?
2. Were you surprised by any of the fruits and vegetables found in a specific season?
3. Were you surprised by the amount of different fruits and vegetables there were?

APPLY: Ask Youth

1. As a result of this activity, do you think you will eat more fruits and vegetables?

Thank you for participating in this fun activity!



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"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



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