



- 1** Proteins, such as meat and eggs, can be found at farmer's markets. Proteins help us build strong bones and muscles. How many proteins do you see on the banner?

- 2** Farmer's markets are great at supplying seasonal fruits. What are two of your favorite fruits? _____
- 3** For a healthy diet, we should eat 3 servings of vegetables a day. What vegetables would you like on your plate? _____
- 4** Flowers come in many different colors. Three of these colors are primary colors: red, blue and yellow. At a farmer's market you may find many different flowers. What primary colors do you see in this market? _____

Answers: 1) 3 (eggs, cured meats, burger) 2) Varies 3) Varies 4) red, blue and yellow