Summary: Coloring, sometimes considered a child’s activity, is a documented stress reliever for adults! In this activity, use our coloring sheet to color as a family. While you color, consider using the conversation starters to discuss the various fruits, vegetables, and herbs on the drawing sheets.

Time: 30 minutes

Materials:
- Colored pens, pencils, or markers
- Coloring sheets

DO: While you color, consider using the conversation starters to talk about the different fruits, vegetables, and herbs featured.
- What was the last _________ that you ate?
- How many types of _________ can you name?
- Consider talking about the different types of _________. As you color, see if you can think of more examples for each category.
- Share a memory of a recipe that uses one of the ________ listed in the coloring sheet. Share your experiences eating that recipe. Encourage each other to be as descriptive as possible; can you remember where you were? What you smelled, touched, saw?
- Eat while you draw. Do you have any _________ in your house to eat? How do the_________ taste?

Parent and Teacher Notes:
- Want to learn more about how coloring can relieve stress, here are some articles; Coloring Not Just for Kids and 3 Reasons Adult Coloring Can Actually Relax Your Brain.
- Disclaimer: All videos and references are used for educational purposes only. The Edible Schoolyard Project does not endorse any brands, labels, organizations, or businesses included in videos or references.
COLORING TOGETHER
California Grown Fruits and Vegetables

COLORING SHEET
CALIFORNIA GROWN

Fruits
- Cherry
- Orange
- Strawberry
- Grape
- Kiwi
- Lemon
- Melon

Vegetables
- Kale
- Collard
- Spinach
- Chard
- Tomatoes
- Bell Peppers
- Broccoli
- Cauliflower
- Carrots
- Onions
COLORING TOGETHER
California Grown Fruits

COLORING SHEET
CALIFORNIA GROWN FRUITS

ORANGE

LEMON

GRAPE

PLUM

KIWI

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COLORING TOGETHER
Strawberries

COLORING SHEET

STRAWBERRY

BUY ORGANIC
COLORING TOGETHER
California Grown Vegetables

COLORING SHEET

CALIFORNIA GROWN VEGETABLES

CAULIFLOWER

BELL PEPPER

SPINACH

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TOMATOES

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COLORING TOGETHER
California Grown Vegetables Greens

COLLARD

KALE

CHARD

BEETS GREENS

SPINACH

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COLORING TOGETHER
Fresh Herbs

COLORING SHEET
FRESH HERBS

PARSLEY

CHERVIL

MINT

BASIL

CILANTRO

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