

**How can you  
incorporate  
vegetables into  
these meals?**

# Put Some Color In It

## Lesson In a Box

### Activity 3: Activity Sign

**¿Cómo puede  
poner verduras  
a estas  
comidas?**

# Put Some Color In It

## Lesson In a Box

### Activity 3: Activity Sign Spanish



**Activity 3**  
**Spaghetti and Meat Sauce**

**Spaghetti and Meat Sauce** [Online image]. (n.d).  
Retrieved on June 8, 2010 from

<http://lifepotlight.com/images/2008/03/plate.jpg>  
[http://theyaelchronicles.files.wordpress.com/2009/01/  
spaghetti-bolognese.jpg](http://theyaelchronicles.files.wordpress.com/2009/01/spaghetti-bolognese.jpg)

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### **Activity 3**

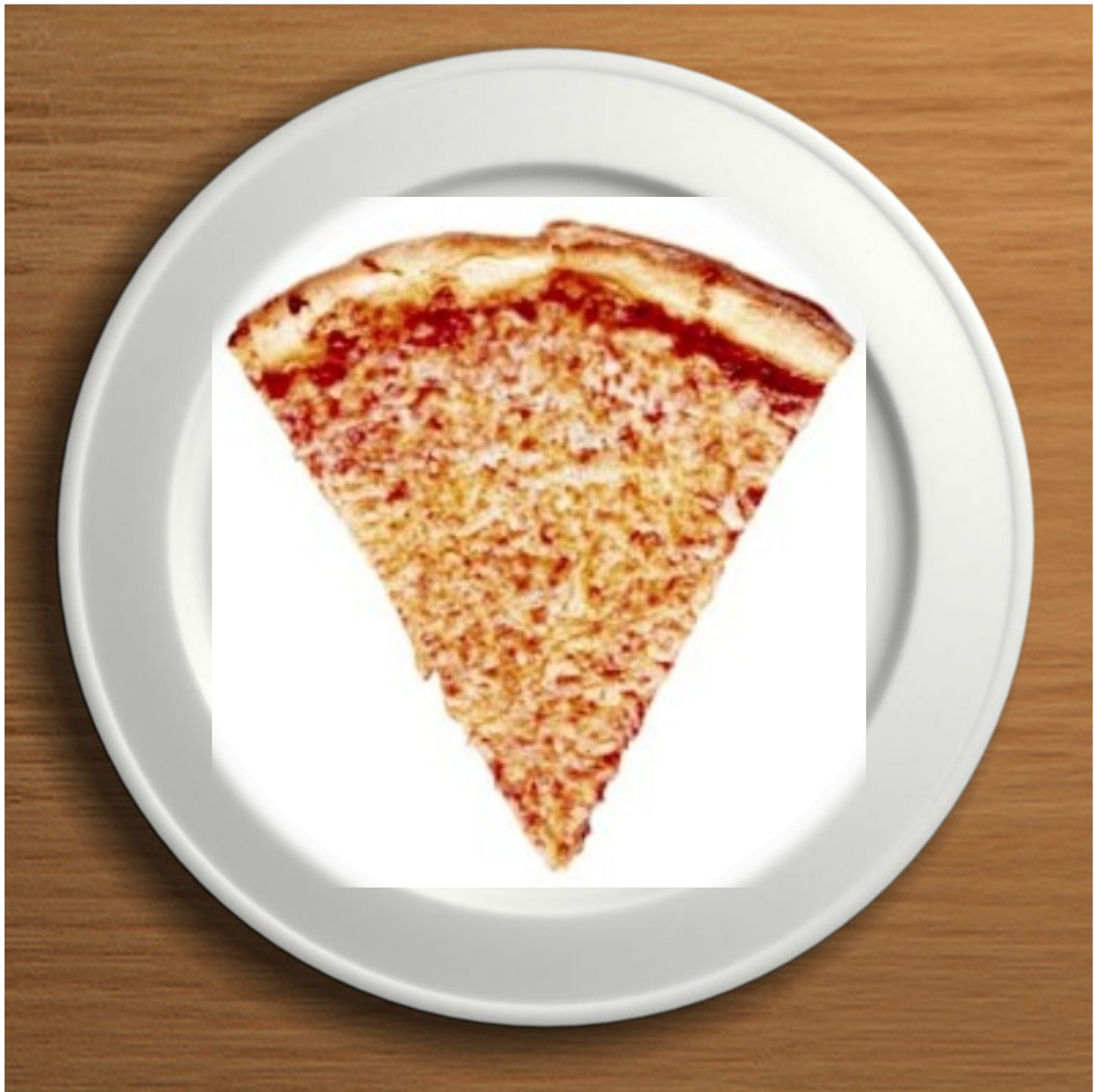
### **Cooked Rice**

**Cooked Rice** [Online image]. (n.d).  
Retrieved on June 8, 2010 from

[http://bigsislilsis.com/wp-content/uploads/2008/10/  
cooked-rice.jpg](http://bigsislilsis.com/wp-content/uploads/2008/10/cooked-rice.jpg)

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### **Cheese Pizza**

**Cheese Pizza** [Online image]. (n.d).  
Retrieved on June 8, 2010 from

<http://www.polyvore.com/cgi/img-thing?.out=jpg&size=l&tid=985961>

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### **Activity 3**

## **Chicken Fillet, White Rice and Black Beans**

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[Online image]. (n.d).

Retrieved on June 8, 2010 from

[http://www.needofmeats.co.uk/images/imagebank/  
uploads/Cooked\\_Chicken\\_Fillets.jpg](http://www.needofmeats.co.uk/images/imagebank/uploads/Cooked_Chicken_Fillets.jpg)

[http://www.itsfordinner.com/media/uploads/recipe/  
perfect-white-rice/rice\\_jpg\\_600x400\\_crop\\_q85.jpg](http://www.itsfordinner.com/media/uploads/recipe/perfect-white-rice/rice_jpg_600x400_crop_q85.jpg)

[http://adriennehernandez.com/wp-content/  
uploads/2009/11/black-beans.jpg](http://adriennehernandez.com/wp-content/uploads/2009/11/black-beans.jpg)

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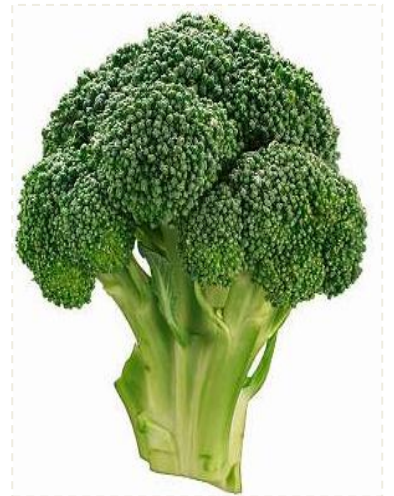
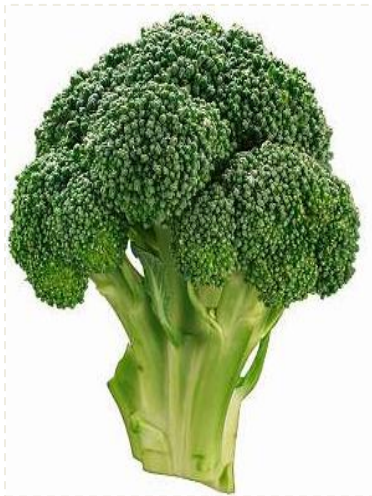
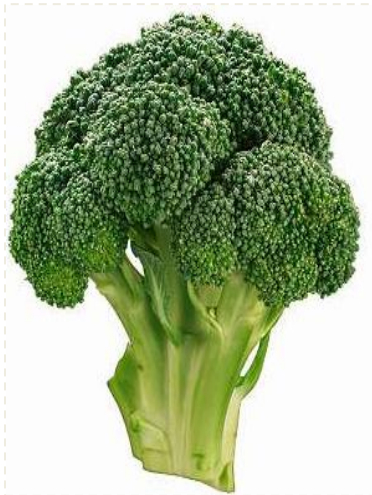
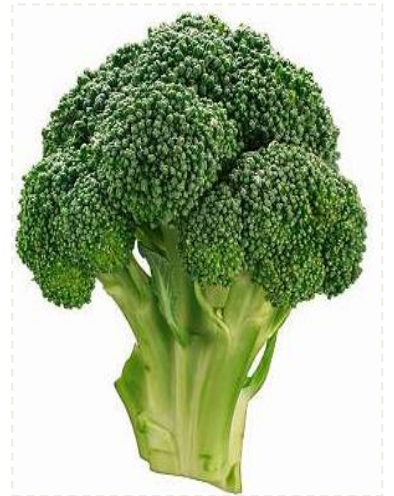
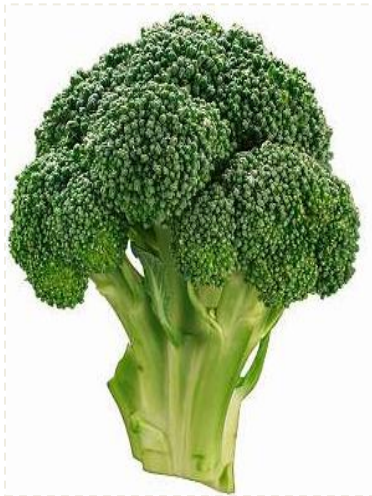
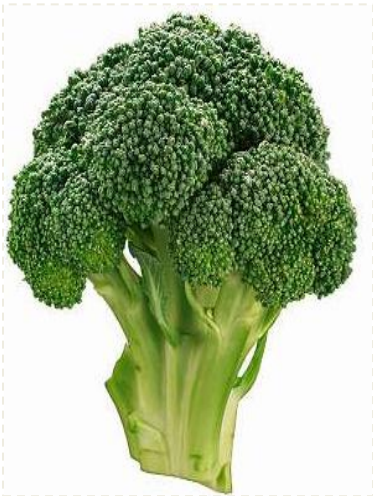


**Activity 3**  
**Tuna Salad Sandwich**

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[http://  
ohinvertedworldclub.files.wordpress.com/2009/10/tuna-  
salad-sandwich1.jpg](http://ohinvertedworldclub.files.wordpress.com/2009/10/tuna-salad-sandwich1.jpg)

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**Broccoli Spears**

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**Corn niblets**

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**Activity 3**

**Spinach**

**Spinach** image retrieved from the National Dairy Council life size- food images, 2005

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**Activity 3**

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### Activity 3

#### Tomato slices

**Tomato slices** from Eat Smart, Live Strong - Session Three: Colorful and Classic Favorites Card Game: *Make a Classic Better*

[Online image]. (n.d.). Retrieved on January 12, 2010 from [snap.nal.usda.gov](http://snap.nal.usda.gov), [http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=4&tax\\_subject=261&topic\\_id=1941&level3\\_id=6326&level4\\_id=11003](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=11003)

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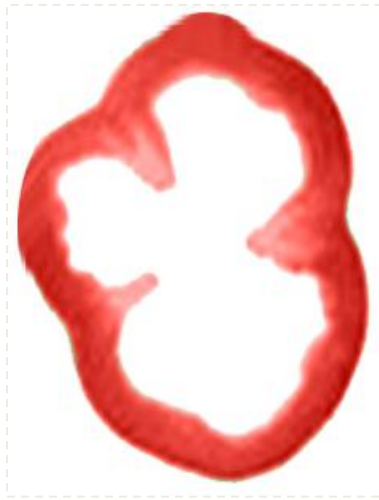
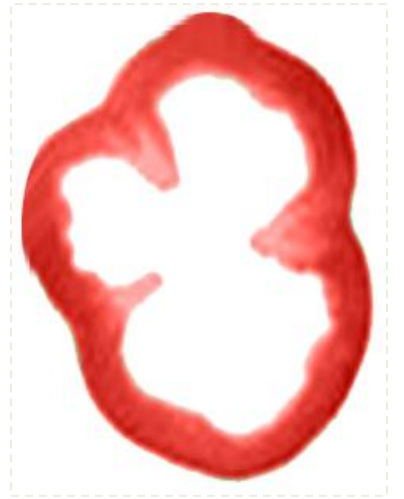
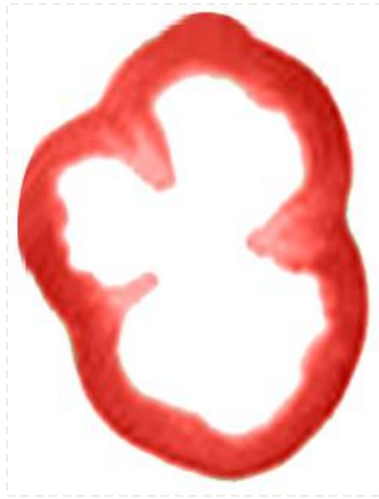
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**Activity 3**

**Red Pepper**

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**Activity 3**

**Green Pepper**

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**Activity 3**

**Red Onion slices**

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**Activity 3**

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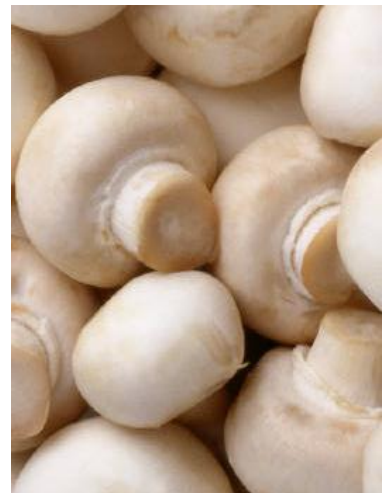
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**Activity 3**

**Mushrooms**

Microsoft Office 2007  
Clip Art

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### Activity 3

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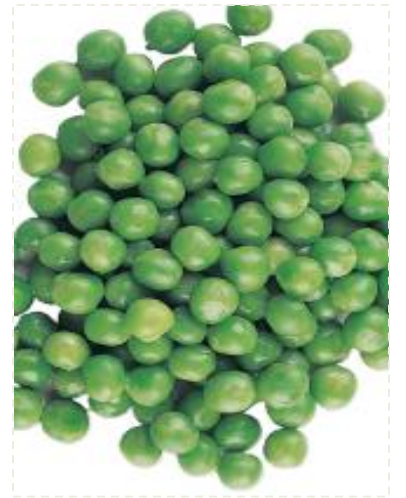
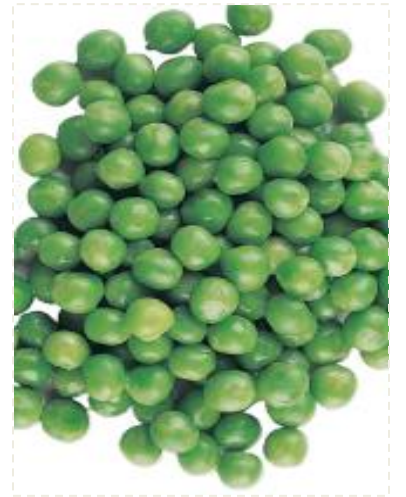
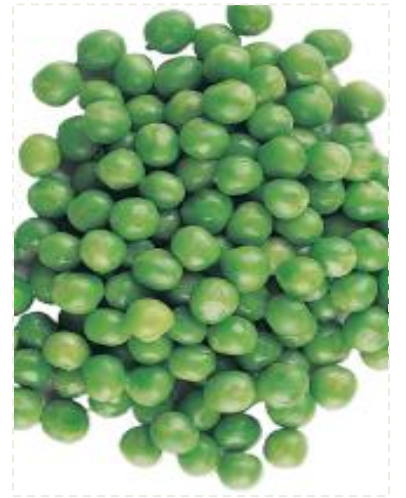
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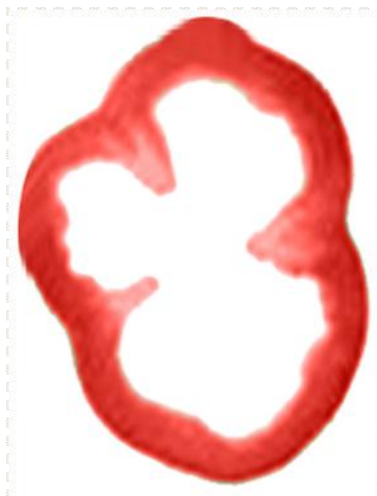
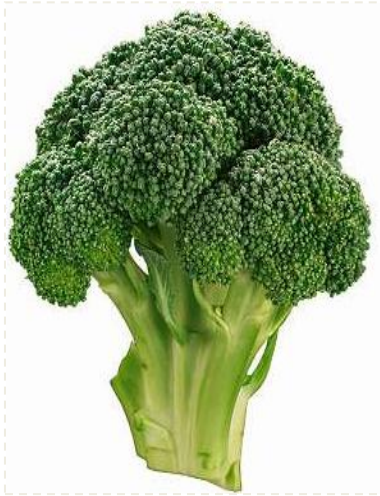
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#### Peas

**Peas** from Eat Smart, Live Strong - Session Three: Colorful and Classic Favorites Card Game: *Make a Classic Better*

[Online image]. (n.d.). Retrieved on January 12, 2010 from [snap.nal.usda.gov](http://snap.nal.usda.gov), [http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=4&tax\\_subject=261&topic\\_id=1941&level3\\_id=6326&level4\\_id=11003](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=11003)





### Activity 3

#### Cucumber Slices

**Cucumber slices** from Eat Smart, Live Strong - Session Three: Colorful and Classic Favorites Card Game: *Make a Classic Better* [Online image]. (n.d.). Retrieved on January 12, 2010 from [snap.nal.usda.gov](http://snap.nal.usda.gov), [http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=4&tax\\_subject=261&topic\\_id=1941&level3\\_id=6326&level4\\_id=11003](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=11003)

### Activity 3

#### Broccoli Spears

**Broccoli** [Online image] (n.d.). Retrieved on November 19, 2009 from [groovyvegetarian.com](http://groovyvegetarian.com)

### Activity 3

#### Mushrooms

Microsoft Office 2007  
Clip Art

### Activity 3

#### Green Beans

**Green Beans** from Eat Smart, Live Strong - Session Three: Colorful and Classic Favorites Card Game: *Make a Classic Better* [Online image]. (n.d.). Retrieved on January 12, 2010 from [snap.nal.usda.gov](http://snap.nal.usda.gov), [http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=4&tax\\_subject=261&topic\\_id=1941&level3\\_id=6326&level4\\_id=11003](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=11003)

### Activity 3

#### Eggplant

**Eggplant**[Online image] (n.d.). Retrieved on January 12, 2010 from [staticresources.goodguide.com](http://staticresources.goodguide.com), <http://static-resources.goodguide.com/images/entities/all/253643.jpg>

### Activity 3

#### Red Onion slices

**Red Onion slices** [Online image] (n.d.). Retrieved on January 12, 2010 from [21food.com](http://img.21food.com/userimages/pecenp/pecenp$42915121.jpg), [http://img.21food.com/userimages/pecenp/pecenp\\$42915121.jpg](http://img.21food.com/userimages/pecenp/pecenp$42915121.jpg)

### Activity 3

#### Red Pepper

**Red Pepper** [Edited image from Online image] (n.d.). Retrieved on January 12, 2010 from [fotosearch.com](http://comps.fotosearch.com), [http://comps.fotosearch.com/comp/FDC/FDC002/slice-green-pepper\\_~927140.jpg](http://comps.fotosearch.com/comp/FDC/FDC002/slice-green-pepper_~927140.jpg)

### Activity 3

#### Tomato slices

**Tomato slices** from Eat Smart, Live Strong - Session Three: Colorful and Classic Favorites Card Game: *Make a Classic Better* [Online image]. (n.d.). Retrieved on January 12, 2010 from [snap.nal.usda.gov](http://snap.nal.usda.gov), [http://snap.nal.usda.gov/nal\\_display/index.php?info\\_center=15&tax\\_level=4&tax\\_subject=261&topic\\_id=1941&level3\\_id=6326&level4\\_id=11003](http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1941&level3_id=6326&level4_id=11003)

### Activity 3

#### Corn niblets

**Corn** [Online image] (n.d.). Retrieved on November 19, 2009 from [jingsheng.21food.com](http://img.21food.com/userimages/jingsheng/jingsheng$1112102346.jpg), [http://img.21food.com/userimages/jingsheng/jingsheng\\$1112102346.jpg](http://img.21food.com/userimages/jingsheng/jingsheng$1112102346.jpg)