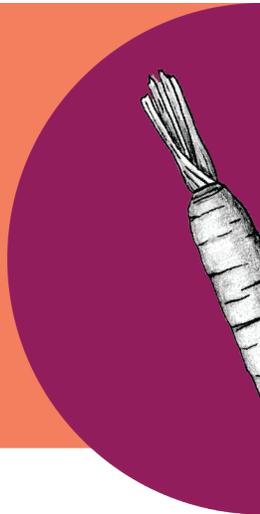


# THE EDIBLE SCHOOLYARD PROJECT



## COLORING TOGETHER

**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:

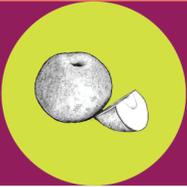
- Colored pens, pencils, or markers
- Coloring sheets

**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.



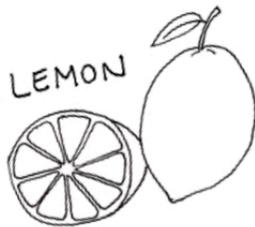
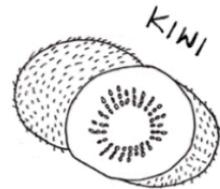
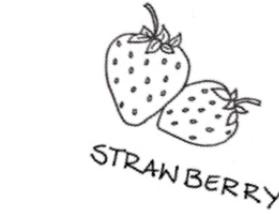
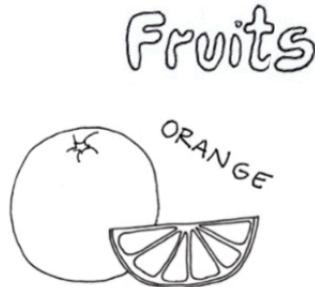
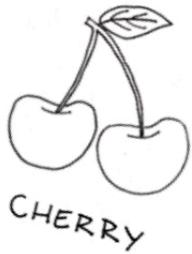
# COLORING TOGETHER

California Grown Fruits and  
Vegetables

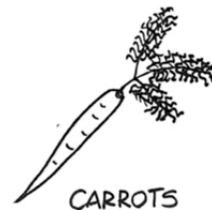
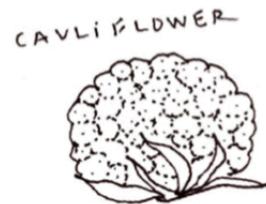
THE EDIBLE  
SCHOOLYARD  
PROJECT

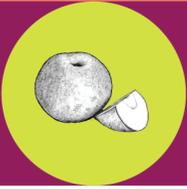
# COLORING SHEET

## CALIFORNIA GROWN



## Vegetables





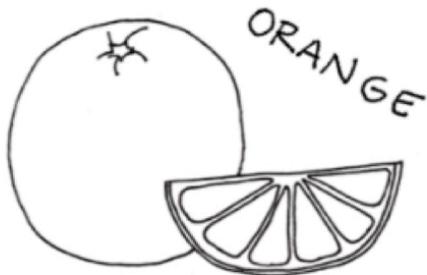
# COLORING TOGETHER

California Grown Fruits

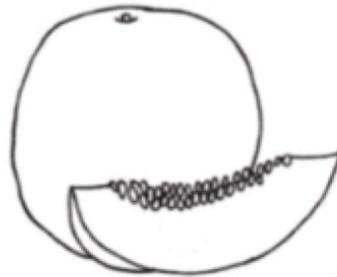
THE EDIBLE  
SCHOOLYARD  
PROJECT

# COLORING SHEET

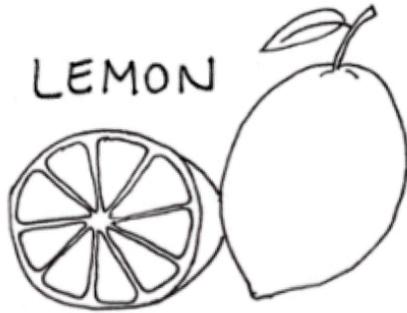
## CALIFORNIA GROWN FRUITS



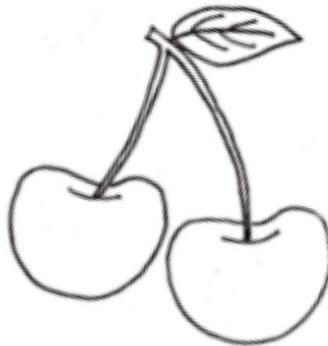
ORANGE



GRAPE

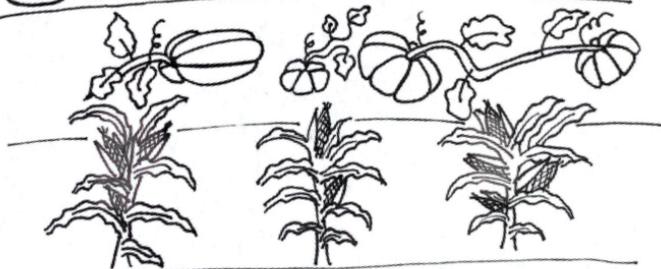


LEMON

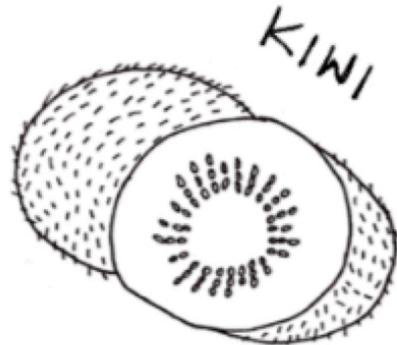


PLUM

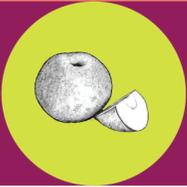
### SUPPORT ORGANIC



### FARMERS AND GARDENERS



KIWI



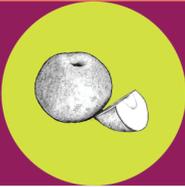
# COLORING TOGETHER

## Strawberries

# COLORING

# SWEET





# COLORING TOGETHER

California Grown Vegetables

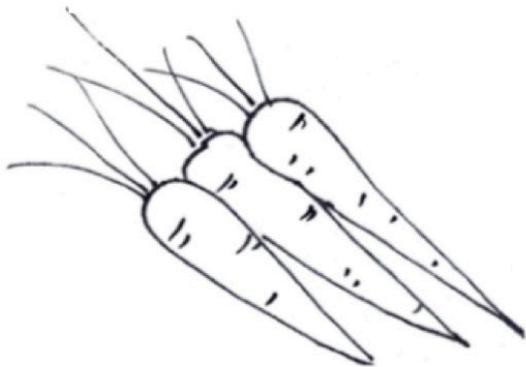
THE EDIBLE  
SCHOOLYARD  
PROJECT



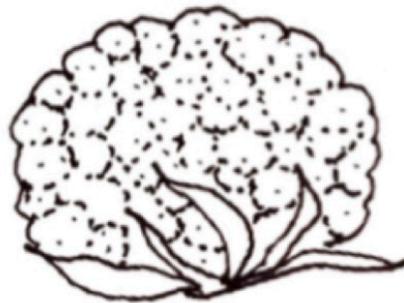
GARLIC

# COLORING SHEET

CALIFORNIA GROWN VEGETABLES



CAULIFLOWER



BELL PEPPER



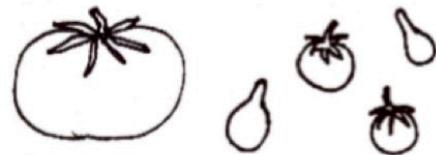
SPINACH



## SUPPORT ORGANIC

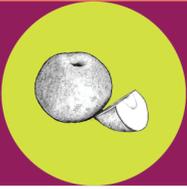


TOMATOES



## FARMERS AND GARDENERS





# COLORING TOGETHER

California Grown Vegetables Greens

THE EDIBLE  
SCHOOLYARD  
PROJECT

# COLORING SHEET

CALIFORNIA GROWN GREENS



COLLARD



KALE



CHARD



BEETS GREENS

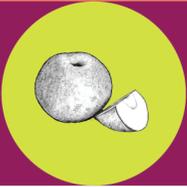


SPINACH

SUPPORT ORGANIC



FARMERS AND GARDENERS

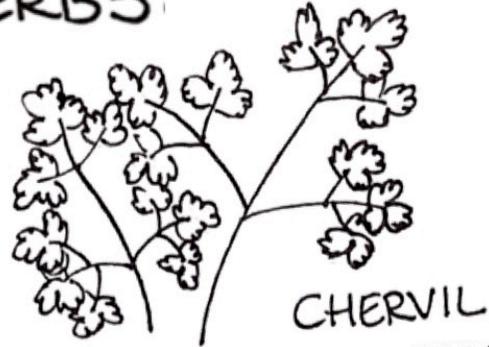
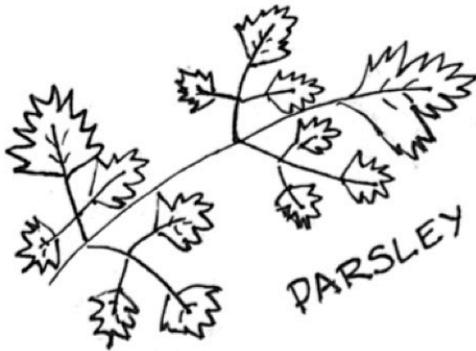


# COLORING TOGETHER

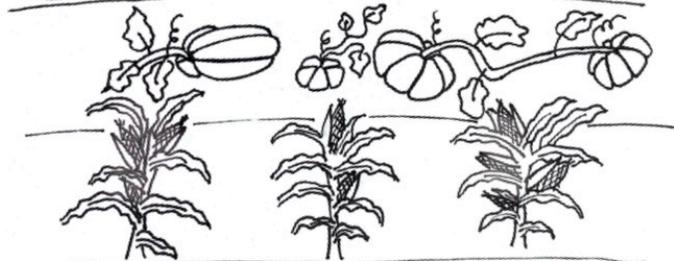
## Fresh Herbs

# COLORING SHEET

## FRESH HERBS



## SUPPORT ORGANIC



## FARMERS AND GARDENERS