

# WHOLE FOOD CREW

*colouring  
book*





# Hello!

This coloring book is for all the superstar kids who want to keep their super powers strong and healthy.

Get to know members of the Whole Food Crew.

*Ms Jordan*

[bubblgumrainbow.com](http://bubblgumrainbow.com)

# 30 DAY DRAW - IN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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**DRAW A GOLD STAR FOR  
EACH DAY YOU EAT A  
FRUIT OR VEGETABLE**

## Lil' Avocado



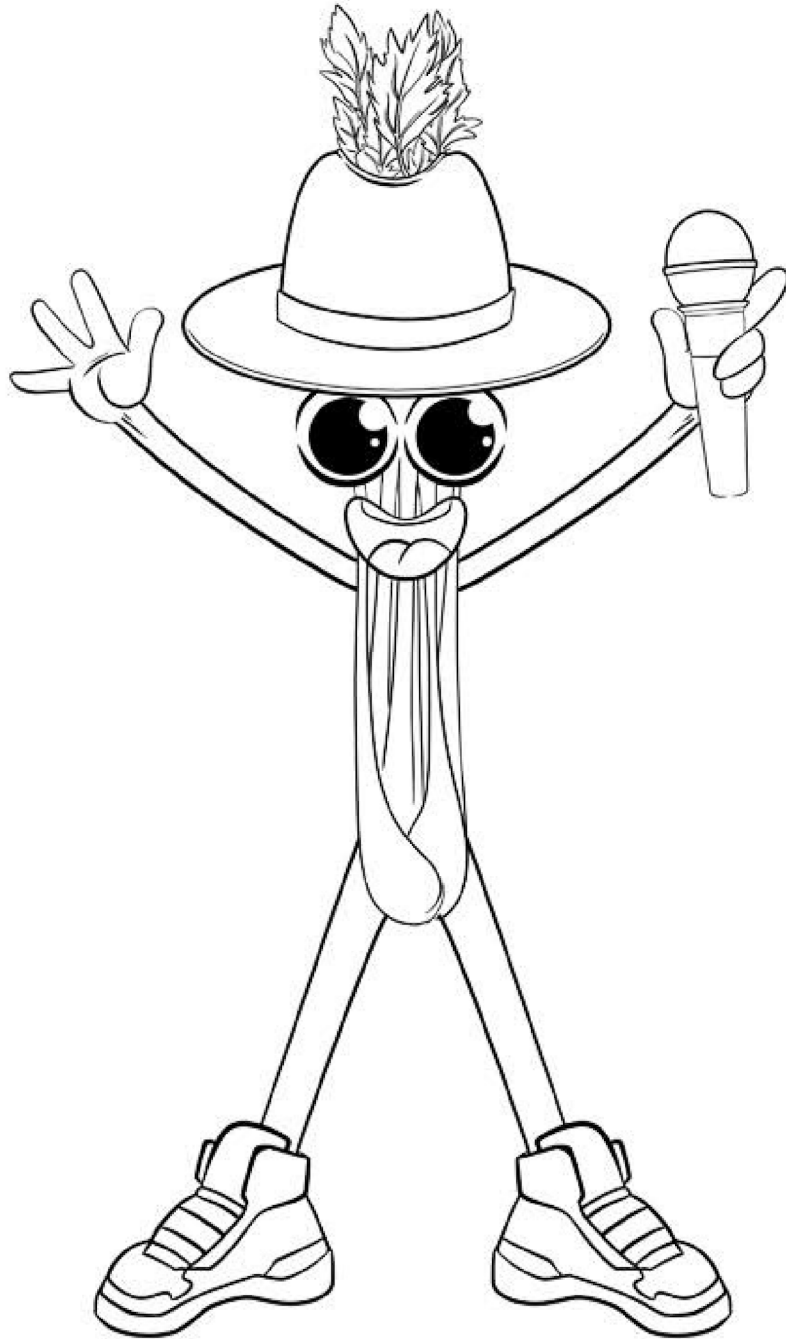
Lil Avocado is creamy and savory.  
And it is actually a fruit.  
He's full of fat and fiber.

# B-FRUIT



DJ B-fruit is a banana.  
Full of potassium.  
He's soft on the inside.  
The older he gets, the sweeter he is.

# MC CELLY



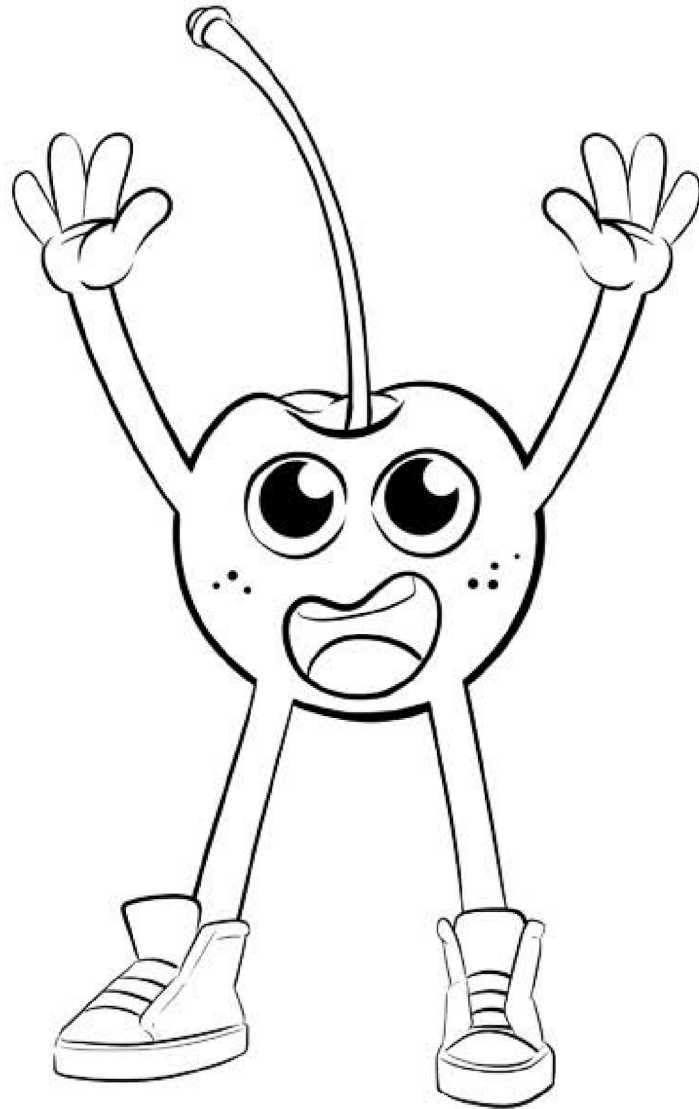
MC Celly Cel is a celery stick  
If you need sodium, he is a good pick.  
He raps about self worth  
and respects Mother Earth

# BEETZ



Beetz is a drummer and loves hip hop beats.  
This root vegetable when eaten  
helps lower blood pressure.

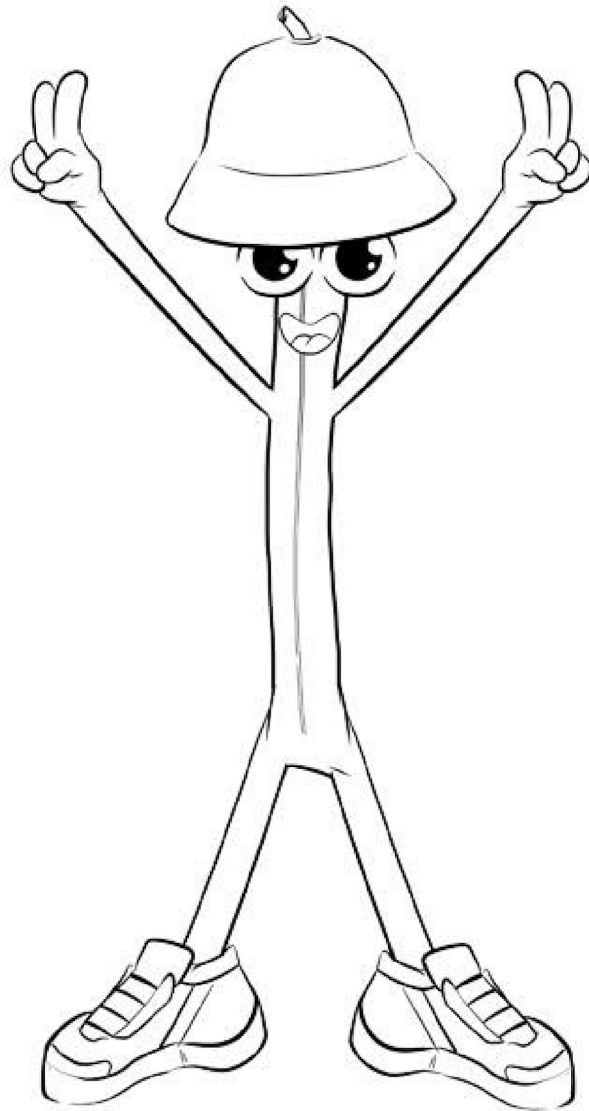
# SWEET C.



Sweet C is a singer and a rapper.  
This cherry has a pit in its middle.  
Small in size but big in personality.

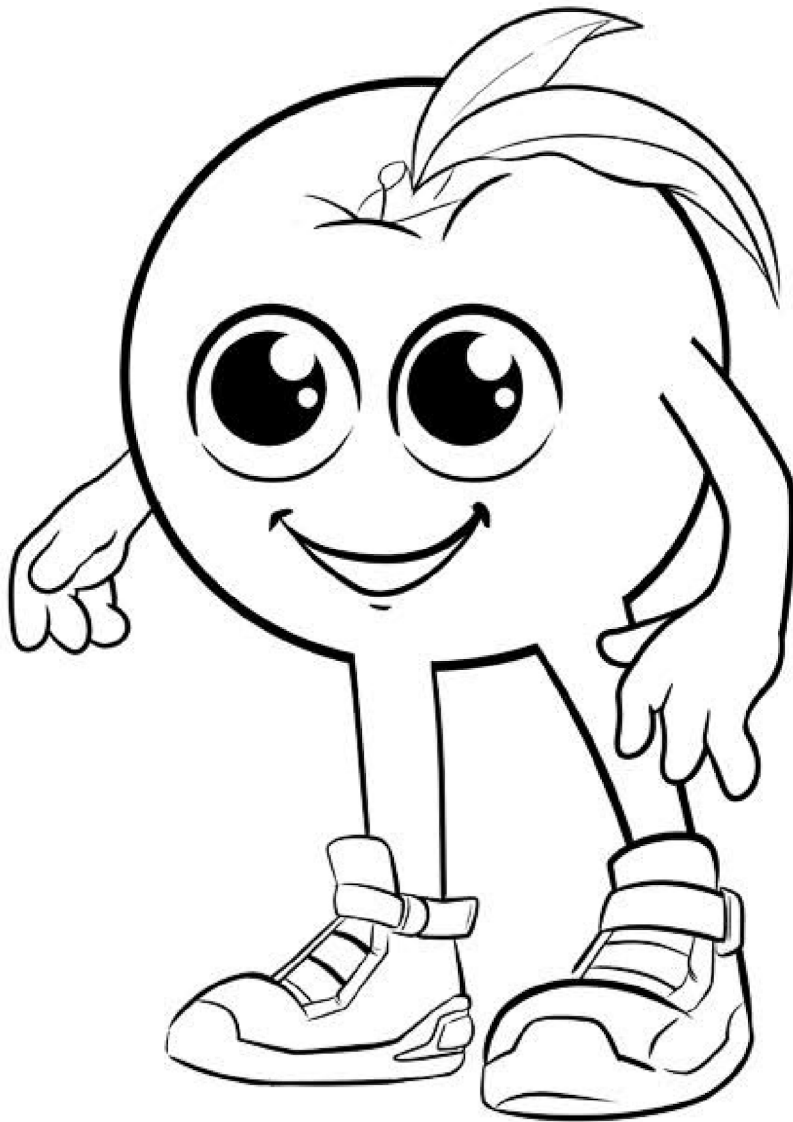


# SLICK BEAN



Slick Bean is a breakdancer.  
This string bean learned from  
the RockSteady crew and likes  
to snap and lock.

# PEACHES



Peaches is a singer.  
Her nickname is 'Precious'  
She's fuzzy and juicy  
and has Vitamin C.

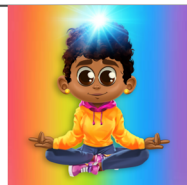
# MS. JORDAN



Jordan owns the recording studio  
and loves to play the piano.  
She likes flow and ease.

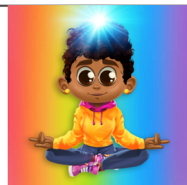
# DRAW A FOOD YOU ATE ON MONDAY

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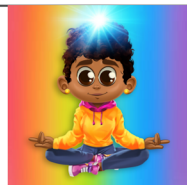
# DRAW A FOOD YOU ATE ON TUESDAY

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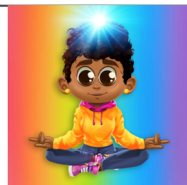
# DRAW A FOOD YOU ATE ON WEDNESDAY

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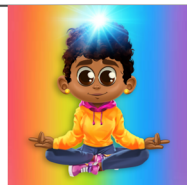
# DRAW A FOOD YOU ATE ON THURSDAY

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# DRAW A FOOD YOU ATE ON FRIDAY

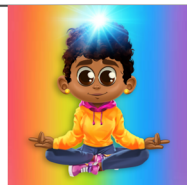
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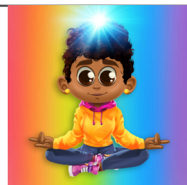
# DRAW A FOOD YOU ATE ON FRIDAY

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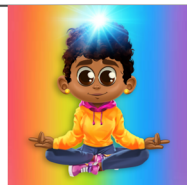
# DRAW A FOOD YOU ATE ON SATURDAY

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# DRAW A FOOD YOU ATE ON SUNDAY

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# DRAW YOUR FAVORITE FOOD

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