



Rainbow Mysteries - Answer Key

1. I'm a big, oval fruit that is green on the outside. On the inside, I'm usually red with black seeds. I have lots of vitamin C and vitamin A. What am I? **WATERMELON (red or yellow)**
2. I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple, too! What am I? **CARROT (orange or purple)**
3. I'm a vegetable that is great in tacos, on hamburgers, or in spaghetti sauce, but sometimes I can make you cry. What am I? **ONION (white, red, or green)**
4. Before I became a box of raisins, I was a bunch of **GRAPES (green, purple red)**
5. I'm yellow on the outside. The letter A is in my name three times. My potassium can help your muscles work better. What am I? **BANANA (white)**
6. I look like a little fuzzy, oval-shaped ball. You can cut me in half and eat my green insides with a spoon. I have lots of vitamin C. What fruit am I? **KIWIFRUIT (green)**
7. I'm a crunchy vegetable, with lots of vitamin C and fiber. My cousin is the cauliflower. Some kids think I look like a little green tree. What am I? **BROCCOLI (green)**
8. I'm usually red when I'm ripe. I'm not a vegetable, but you may think I am. People like to use me to make spaghetti sauce and pizza sauce. What am I? **TOMATO (red, yellow, or green)**
9. I'm a small fruit that comes in a rainbow of colors – blue, red, purple, and sometimes even yellow and green. I have a pit inside me. I rhyme with hum. What fruit am I? **PLUM (blue, red, purple, yellow or green)**
10. I'm a yellow-orange vegetable with strings on the inside. When I'm cooked, you can scrape out my insides and eat me like spaghetti. What am I? **SPAGHETTI SQUASH (yellow/orange)**
11. I'm a melon that is orange on the inside. My vitamin A can help keep you from getting sick. What am I? **CANTALOUPE (orange)**
12. I'm a leafy green vegetable with lots of vitamin A and vitamin C. Eating me can help keep your skin healthy. One cartoon character thinks I make him strong. What am I? **SPINACH (green)**
13. I'm a tropical fruit. My name is “the opposite of woman” plus “the opposite of stop.” I have lots of vitamin A. What am I? **MANGO (orange)**
14. I'm a fruit that is juicy and yellow on the inside. I'm not an apple, but I have “apple” in my name. I grow in Hawaii and have lots of vitamin C. What am I? **PINEAPPLE (yellow)**
15. When there is one of me, my name makes it sound like there are two. I'm a fruit that grows on a tree. Eating me is a good way to get vitamin C and fiber. What am I? **PEAR (white, yellow, green, or red)**

Source: Community Youth Organization Idea & Resource Kit, *California Children's 5 a Day-Power Play! Campaign*