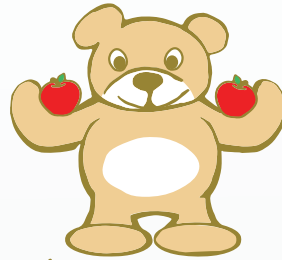


# THE BLUEBERRY ALPHABET!



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## A is for... Antioxidants!

Antioxidants are "healthy superheroes" who fight germs and "bad guys" that try to make you sick!

## B is for... Blue!

Did you know blueberries are actually green on the inside? The antioxidant superheroes that protect the berry... are blue!

## C is for... Color!

Color! In ancient times, people used blueberries to dye their clothes.

## D is for... Vitamin D!

The sun helps blueberries grow by providing lots of Vitamin D.

## E is for... Everyday!

Blueberries are so good for you, you can eat them every day!

## F is for... Fingers!

You can eat blueberries with your fingers.

## G is for... Growing!

The more blueberries you eat, the more your brain will grow and remember lots of facts.

## H is for... Happy!

There are lots of vitamins inside blueberries that actually make you feel even happier. :)



Can you think of more fun facts to finish the alphabet?

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