



# February NEWSLETTER



**SERVINGS OF FRUITS AND VEGETABLES**

## Emily's Tip!

### FRUITS AND VEGETABLES

give us energy to keep us strong and healthy. Without them our bodies don't work as well as they should. One serving will be about as big as your fists, so try eating 5 handfuls of fruits and vegetables a day.



## Activity

### RAINBOW VEGGIE WRAP

#### INGREDIENTS:

- 1 cup roasted red pepper hummus or your other favorite bean spread flavor
- 8 whole wheat tortillas
- 1 red bell pepper, cut into sticks
- 1 orange bell pepper, cut into sticks
- 2 cups spinach, chopped
- 1 cucumber, chopped
- 1 red onion, chopped

#### DIRECTIONS:

1. Spread 2 tablespoons of hummus onto each tortilla
2. Add vegetables onto tortilla in a rainbow: red, orange, yellow, green, purple.
3. Roll up each tortilla.
4. Slice each roll into about 5 individual pieces.

## Be Your Best YOU!

Can you write in what emotion each kid is feeling in the picture?



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AN INDEPENDENT HEALTH FOUNDATION PROGRAM



For more recipes visit: [www.HealthyOptionsBuffalo.com](http://www.HealthyOptionsBuffalo.com)





# Challenge:



Take a look at the fruit and vegetables below. Which ones grow in a tree? Circle those in red. Which ones grow above ground? Circle those in orange. Which ones grow below ground? Circle those in yellow. Can you tell which ones are fruits and which ones are vegetables?



## FIND THE FRUITS AND VEGGIES!

Find the words hidden in the word search below.



- TOMATO
- AVOCADO
- GARLIC
- PUMPKIN
- ONION
- EGGPLANT
- BEET
- CARROT
- POTATO
- ZUCCHINI

E	Z	A	P	U	M	P	K	I	N
T	U	O	N	I	O	N	E	O	Z
O	C	I	P	S	C	W	G	B	U
M	C	S	O	N	A	A	G	E	K
A	H	Y	T	G	R	L	P	E	R
T	I	N	A	M	R	G	L	T	O
O	N	A	T	I	O	E	A	R	I
Z	I	L	O	Y	T	L	N	Y	T
A	V	O	C	A	D	O	T	V	S
G	A	R	L	I	C	A	L	T	Y

Name

Grade

Teacher

