

NOVEMBER NEWS

CHALLENGE: 5 FRUITS AND VEGETABLES A DAY



Name: _____

Teacher: _____ Grade: _____

Fruit and Vegetable Fun:

- Instead of having sweets for dessert, have a cup of fruit!
- Go as a family to the grocery store and buy a fruit or vegetable that you have never tried before, like mango or kiwi.
- Make a family challenge to eat a fruit and vegetable from every color of the rainbow in one week!
- Cook dinner as a family and have everyone help! One person can wash the food while someone else cuts it up and cooks it.



BILLY'S TIP
Change it Up: Try a new physical activity that you have never tried before. Write down what you thought and share with your class.



Recipe: FRUIT FLOWER



Ingredients:

- 3 strawberries
- 1 pint blueberries
- 2 stalks celery

Recipe:

- Slice strawberries in half.
- Arrange the slices on the plate to form the flower petals.
- Place blueberries in the middle of the strawberries.
- Slice celery stalks to form the stem and leaves.



Grab an adult and learn more on summitfcu.org!

Insured by NCUA

Stay Money Healthy: Think Before You Spend.

Do you know how much food, a car, clothing, and a place to live all cost? Try to remember these expenses and only ask for items you really need, and save for what you want.

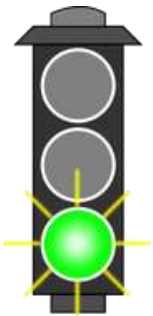
Eat Right



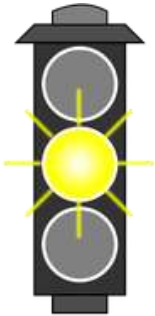
Balance what you eat with your physical activity! If you eat a food from the red category below, try to do more activity.

Draw or write the kinds of food that go with each color next to the stop lights below:

Green= best foods for you to eat every day (ex. apples)



Yellow= foods to eat sometimes (ex. pancakes)



Red= foods to eat once in a while (ex. ice cream)

