

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.



Visit www.FitnessForKidsChallenge.com for more healthy recipes and activities!

**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.

Healthy Lunch



Draw lines from the healthy foods down to the lunch box.

Remember to eat healthy foods in your lunch!

