

# FEBRUARY

## Billy Buffalo's Tip

**EAT GOOD  
FEEL GOOD.**

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.



# 5

**SERVINGS OF FRUITS  
AND VEGETABLES**



## School Spotlight

**TRY SOMETHING  
NEW!**

Buffalo Public School 31—Harriet Ross Tubman hosted a fruit and vegetable tasting day! Trying fruits and vegetables you have never had before is exciting!



## Track Yourself

Make a bar graph by shading in the boxes for how many servings of fruits and vegetables you eat. The goal is to eat 5 servings each day!

SERVINGS	15							
	14							
	13							
	12							
	11							
	10							
	9							
	8							
	7							
	6							
	5							
	4							
	3							
	2							
	1							
		S	M	T	W	T	F	S
		DAY						

Who knows, you might find a new favorite food!



Look at your chart. Which day was the hardest for you to reach your goal?  
\_\_\_\_\_

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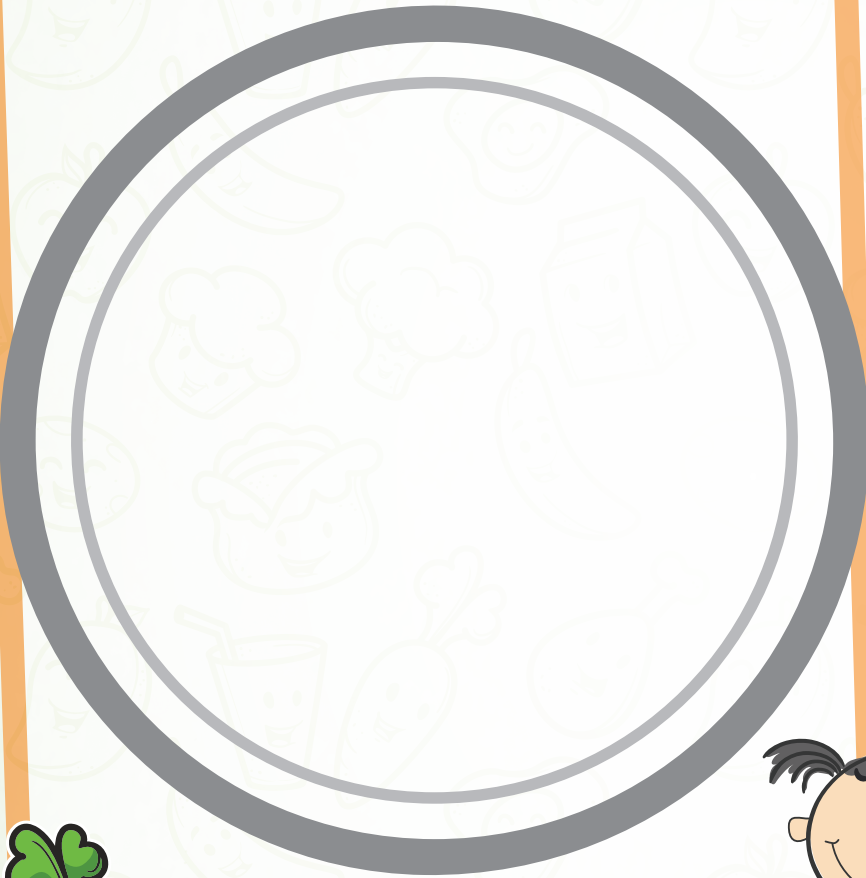
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## Challenge:

### DRAW A HEALTHY MEAL

Does your meal include all 5 food groups?

Extra Challenge: Draw each food group in a different color



## Activity

### PLANT A GARDEN:

Use the seed kits to grow vegetables in your classroom!



## Try This...

### TRY SOMETHING NEW!

Try a fruit or vegetable you've never had before!

BONUS: What fruit or vegetable is this? →



Answer: Mango

Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_



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