

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!

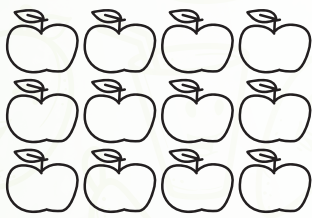
Buffalo Public School 31—Harriet Ross Tubman hosted a fruit and vegetable tasting day! Trying fruits and vegetables you have never had before is exciting!



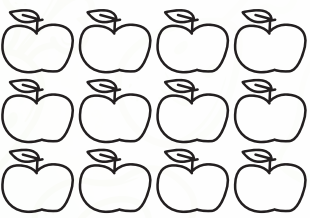
Track Yourself

COLOR IN AN APPLE FOR EVERY SERVING OF FRUITS AND/OR VEGETABLES YOU ATE

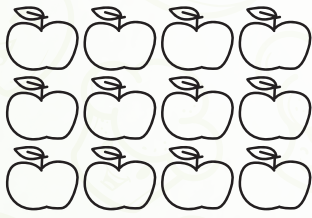
DAY 1



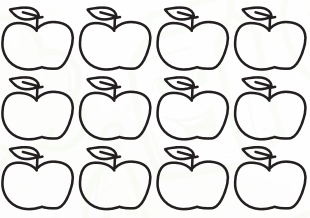
DAY 2



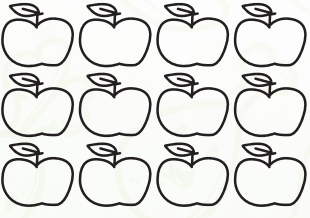
DAY 3



DAY 4



DAY 5



AN INDEPENDENT HEALTH FOUNDATION PROGRAM



Who knows, you might find a new favorite food!



FEBRUARY

Challenge:

MAKE HEALTHY CHOICES!

Circle all the fruits and vegetables below.

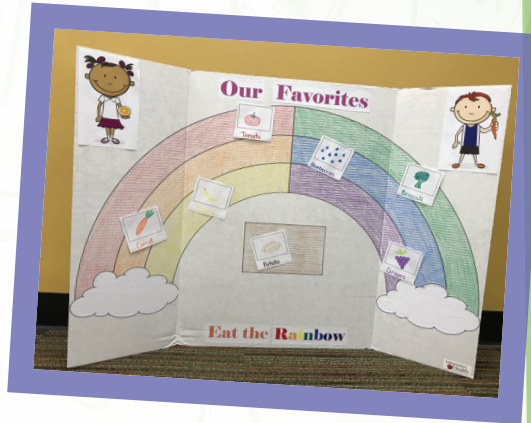
Extra Challenge: Circle the fruit in **blue** and the vegetables in **green**.



Activity

FRUIT AND VEGETABLE RAINBOW:

Help create a fruit and vegetable rainbow with your class! Draw your favorite fruit and vegetable on separate sheets of paper.



Stick them on the rainbow by matching the color of the fruit and vegetable you drew to that color on the rainbow.

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 _____



AN INDEPENDENT HEALTH FOUNDATION PROGRAM