

FEBRUARY

Billy'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.



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**SERVINGS OF FRUITS
AND VEGETABLES**



School Spotlight

VIBRANT VEGGIES!

Last year, Cloverbank Elementary students hosted a tasting day where they were able to try a rainbow of fruits and vegetables!



Last year, Wyoming Central School students created posters for their fruit and vegetable tasting days! Their posters featured different types of fruits and vegetables and encouraged one another to get their 5 servings a day.



Track Yourself

Write how many servings of vegetables you ate in the circle and how many fruit you ate in the square each day!

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: www.FitnessForKidsChallenge.com



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Challenge:

WHO AM I?

Can you guess which fruit or vegetable fits the description below? Write your answers on the line.



I am **yellow**. I grow on trees. Make sure to take off my peel before you eat me!

Who am I? _____

I am **orange**. I grow underground. I make a good snack, or can be cooked and eaten as well.

Who am I? _____

I can be **red, green or yellow**. I have seeds inside of me and am a sweet fruit to eat. I grow on trees.

Who am I? _____

I am **green**. I can be eaten raw or cooked.

I look like a little tree!

Who am I? _____

I am **orange**. I am juicy and make a perfect snack or drink! Make sure to peel me before you eat and watch out for seeds.

Who am I? _____

Activity Videos

CHECK THIS OUT...

Check out our new 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!

Visit:

www.fitnessforkidschallenge.com/activityvideos

Try This...

EAT A RAINBOW!

Eat a rainbow of fruits and vegetables – try a new color of a fruit or vegetable each day this week!



Name _____

Grade _____

Teacher _____

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