

FEBRUARY

Billy's Tip

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.



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!



Track Yourself

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

DAY 1	DAY 2
DAY 3	DAY 4
DAY 5	



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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.

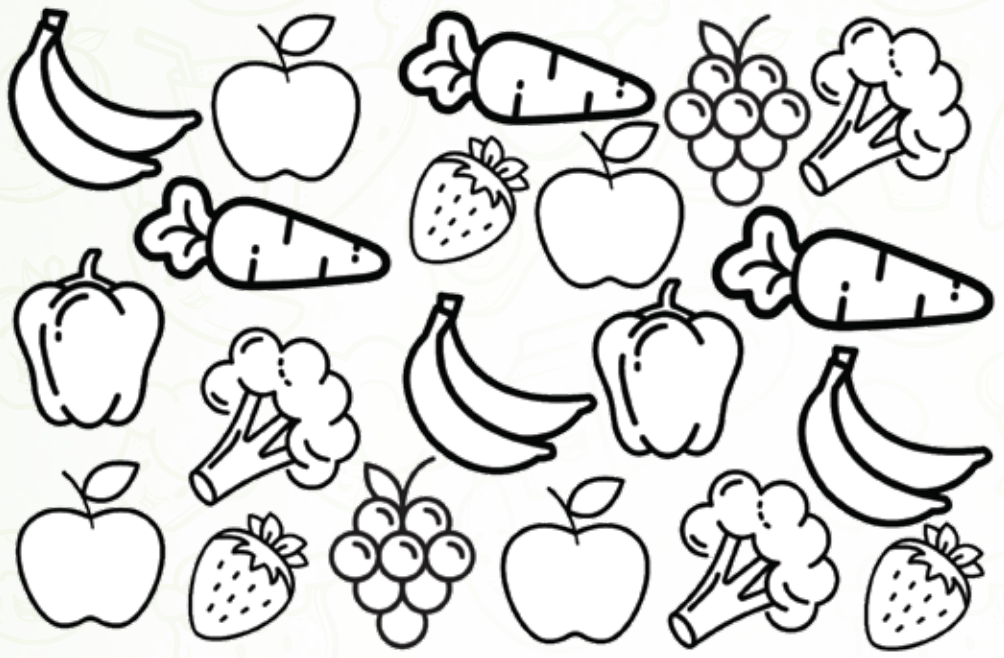


FEBRUARY

Challenge:

COUNT YOUR FRUITS & VEGGIES

Fruits and vegetables help add a colorful rainbow to our meals! Can you count how many of each fruit or vegetable there is and color them in?



I see _____ 
Color them **pink**.

I see _____ 
Color them **red**.

I see _____ 
Color them **orange**.

I see _____ 
Color them **yellow**.

I see _____ 
Color them **green**.

I see _____ 
Color them **purple**.

I see _____ 
Color them **red**.



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 _____



AN INDEPENDENT HEALTH FOUNDATION PROGRAM