

# FEBRUARY

## Emily'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.



# 5

### SERVINGS OF FRUITS AND VEGETABLES



## Activity Videos

### CHECK IT 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](http://www.fitnessforkidschallenge.com/activityvideos)

## 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:



## Try This...

Can you think of a fruit or vegetable that starts with the same letter as your first name? Use the letters in your name to find different fruits and vegetables to try this month!



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## Challenge:

### WHO AM I?

Can you name a fruit or vegetable that...

Starts with the letter p? \_\_\_\_\_ Is larger than a baseball? \_\_\_\_\_

Has seeds in them? \_\_\_\_\_ Needs to be peeled? \_\_\_\_\_

Is red? \_\_\_\_\_ You can put in smoothies? \_\_\_\_\_

Grows underground? \_\_\_\_\_ Grows on trees? \_\_\_\_\_

Grows in different colors? \_\_\_\_\_ Tastes good in a salad? \_\_\_\_\_

### UNSCRAMBLE THE WORDS:

Using the key at the top, unscramble the words below. Write the word in the red box. How are these words important to this month's goal?

broccoli

spinach

pineapple

strawberry

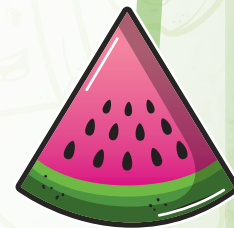
scpahin \_\_\_\_\_

sretarbyrw \_\_\_\_\_

coboilrc \_\_\_\_\_

apeeiplnp \_\_\_\_\_

1. spinach 2. strawberry 3. broccoli 4. pineapple



Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_



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