

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!



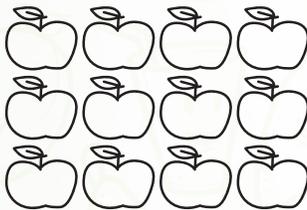
Visit:

www.fitnessforkidschallenge.com/activityvideos

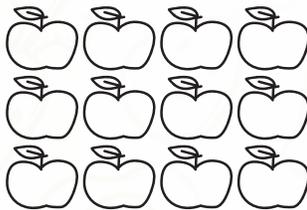
Track Yourself

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

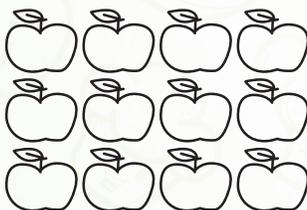
DAY 1



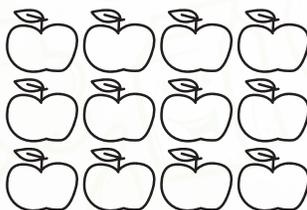
DAY 2



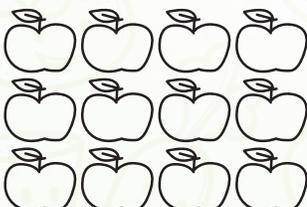
DAY 3



DAY 4



DAY 5



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!

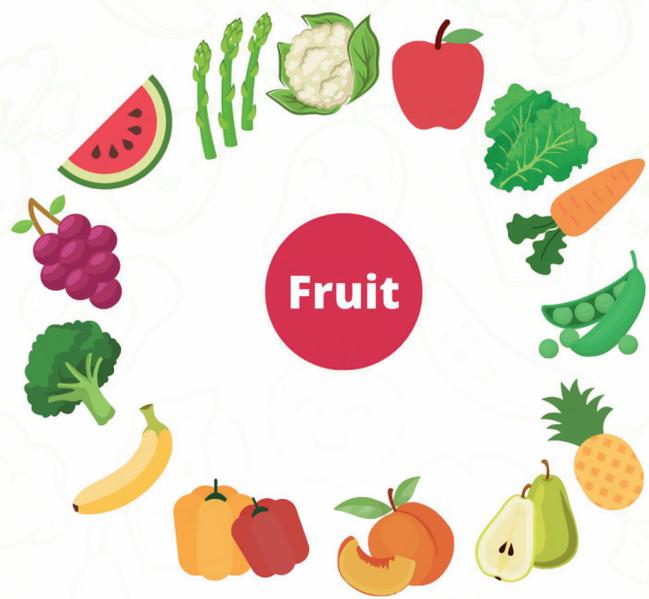


AN INDEPENDENT HEALTH FOUNDATION PROGRAM

FEBRUARY

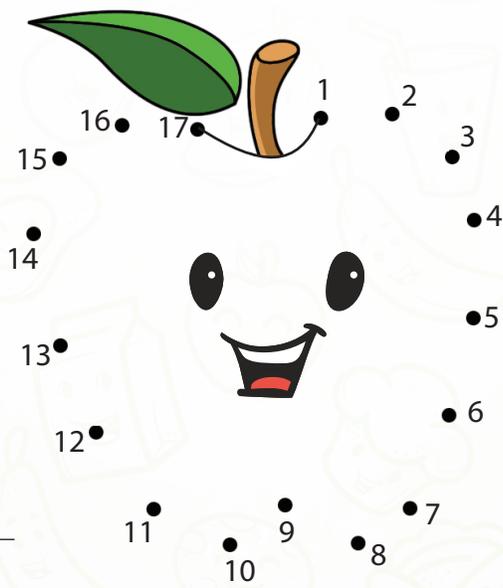
Challenge:

Fruits grow on trees and vines. They have seeds in them. Which pictures below are fruits? Can you draw a line from the word "Fruit" to all the different fruits? Which one is your favorite?



CONNECT THE DOTS

to find out what the healthy snack is below.



Hint:
It's not a
carrot!



BONUS:
Write the name of the
snack on the line below:

Name _____

Grade _____

Teacher _____



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