

# FEBRUARY NEWSLETTER

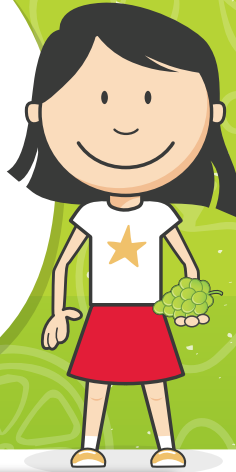


**SERVINGS OF FRUITS AND VEGETABLES**

## 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.



## Track Yourself

Write how many servings of vegetables you ate in the circle and how many servings of fruit you ate in the squares.

**DAY 1:**

<input type="text"/>	<input type="text"/>
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**DAY 2:**

<input type="text"/>	<input type="text"/>
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**DAY 3:**

<input type="text"/>	<input type="text"/>
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**DAY 4:**

<input type="text"/>	<input type="text"/>
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**DAY 5:**

<input type="text"/>	<input type="text"/>
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## Activity Videos

### CHECK IT OUT!

Check out our 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)



## Activity...

### FRUIT OR VEGETABLE?

Have an adult name different fruits and vegetables. For every fruit named, do a jumping jack. For every vegetable named, do a squat.



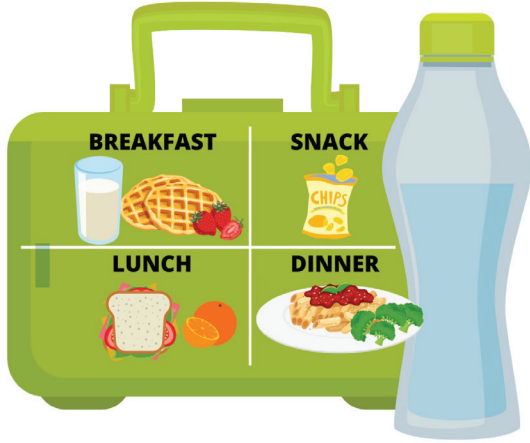
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# Challenge:

## FIND THE FRUITS AND VEGETABLES

In the lunchbox, see what Emily ate today for each meal. Can you write below what fruits and vegetables she had in every meal in the correct box?



BREAKFAST	SNACK
LUNCH	DINNER

Think about what Emily ate today. What is something she could have added or changed?

\_\_\_\_\_

What is your favorite fruit to eat during the day? What about your favorite vegetable?

\_\_\_\_\_

## COLOR BY MATH

Color the fruits and vegetables using the color chart below.

1

2

3

4

5

6

7

Name

Grade

Teacher

For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)



[www.independenthealthfoundation.org](http://www.independenthealthfoundation.org)

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