

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

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

DAY 1	DAY 2
DAY 3	DAY 4
DAY 5	

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

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.



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

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Challenge:

HOW MANY SYLLABLES?

Do you know which one of these are fruits and which are vegetables? Tell us how many syllables each one has. Say the fruit or vegetable out loud and circle below if it has 1, 2 or 3 syllables!



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3



1 2 3

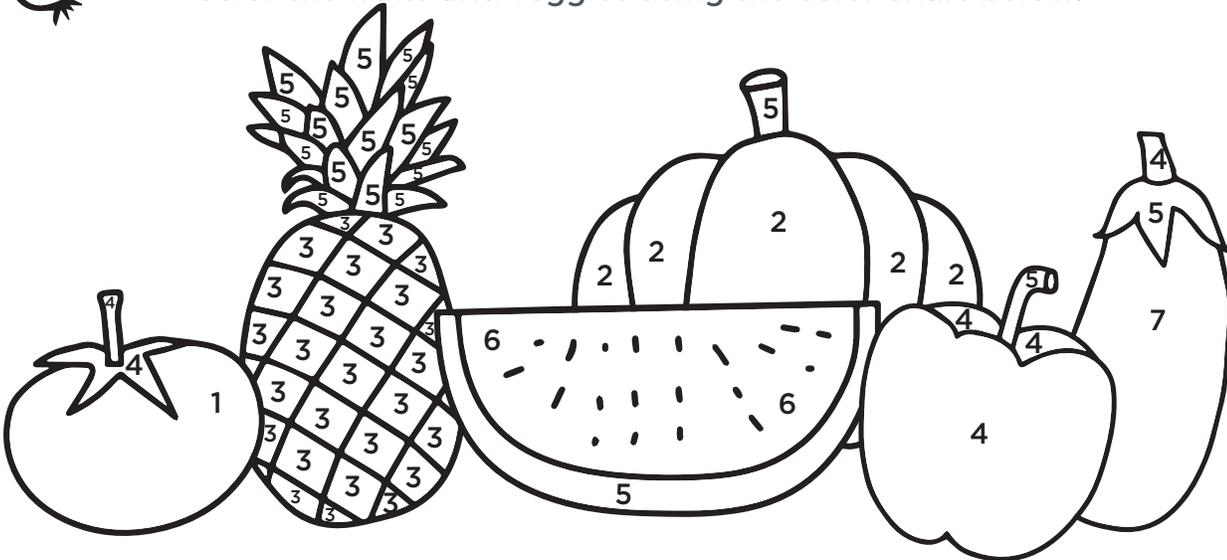


1 2 3



COLOR BY NUMBER

Color the fruits and veggies using the color chart below.



Name _____

Grade _____ Teacher _____



Celebrating 30 Years

www.independenthealthfoundation.org



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