



# 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.



## Activity

### RAINBOW VEGGIE WRAP

#### INGREDIENTS:

- 1 cup roasted red pepper hummus or your other favorite bean spread flavor
- 8 whole wheat tortillas
- 1 red bell pepper, cut into sticks
- 1 orange bell pepper, cut into sticks
- 2 cups spinach, chopped
- 1 cucumber, chopped
- 1 red onion, chopped

#### DIRECTIONS:

1. Spread 2 tablespoons of hummus onto each tortilla
2. Add vegetables onto tortilla in a rainbow: red, orange, yellow, green, purple.
3. Roll up each tortilla.
4. Slice each roll into about 5 individual pieces.

## Be Your Best YOU!

Can you guess which emotion the kids are feeling? Draw a line to the correct word.



Happy



Surprised



Mad



Scared



Sad



Healthy Options



For more recipes visit: [www.HealthyOptionsBuffalo.com](http://www.HealthyOptionsBuffalo.com)

**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

2023-2024 | K-2



# Challenge:



## EAT A RAINBOW!

It's important to eat all different types of fruits and vegetables! Each fruit and vegetable has different nutrients to help your bodies grow strong and healthy! Can you think of a fruit or vegetable for every color of the rainbow? Draw one in the space below next to each color!

**RED**

**GREEN**

**ORANGE**

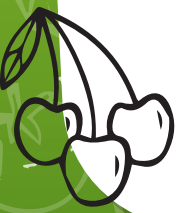
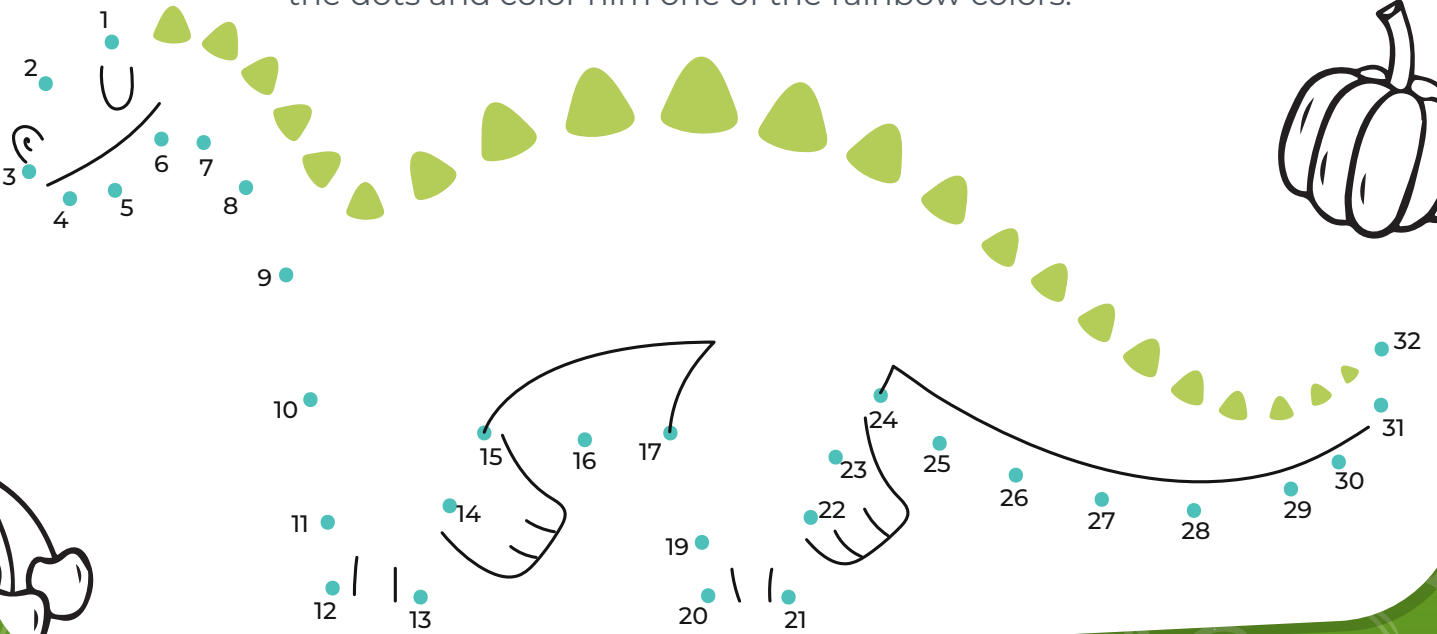
**BLUE**

**YELLOW**

**PURPLE**

## CONNECT THE DOTS

This dinosaur is an herbivore, meaning he only eats fruits and veggies! Connect the dots and color him one of the rainbow colors.



Name

Grade

Teacher

