



**SERVINGS OF FRUITS
AND VEGETABLES**

FEBRUARY NEWSLETTER

2024-2025 | K-2

Name _____

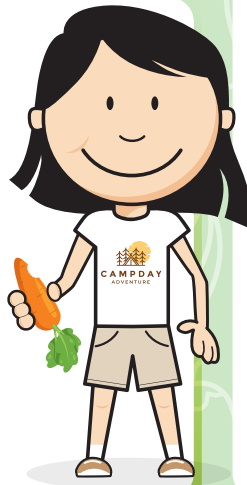
Grade _____

Teacher _____

EMILYS 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:

We're going on a scavenger hunt!

Can you find 5 fruits and vegetables at your home or school?

BONUS! Can you name a fruit or vegetable that may be hidden or baked/cooked into your breakfast, lunch or dinner?

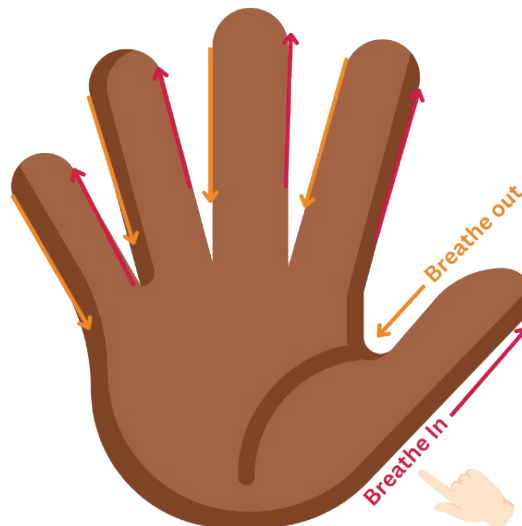
JOKE!

What is a chicken's favorite kind of vegetable? **An eggplant!**

BE YOUR BEST YOU!

Try this 5 finger breathing technique when you are feeling frustrated, stressed, sad, or angry. Trace your hand like in the picture below. Start by your thumb and breathe in and out as you go along each finger. Like the picture below, breathe in for the red arrows and out for the orange.

How do you feel after doing this exercise?



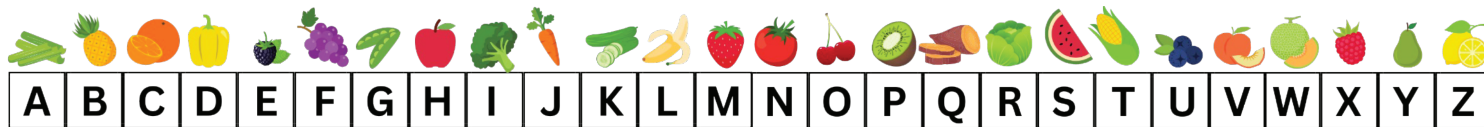
**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

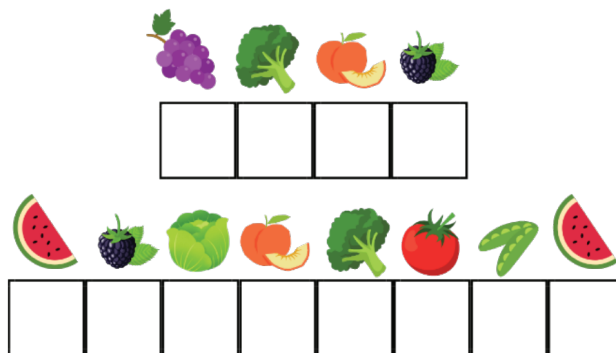
For more information and activities visit:
www.FitnessForKidsChallenge.com

CHALLENGE:

Using the fruit and vegetable alphabet below, find the secret message! Write the letter in the blank box that matches the fruit or vegetable above it from the alphabet below. What does the secret message say?



SOLVE THE SECRET MESSAGE:



What is your favorite fruit or vegetable pictured?

SOLVE THE MAZE

Help Ranger to find Maggie so he can share his bowl of fresh blueberries with her.

