



**SERVINGS OF FRUITS
AND VEGETABLES**

FEBRUARY NEWSLETTER

2024-2025 | 3-5

Name _____

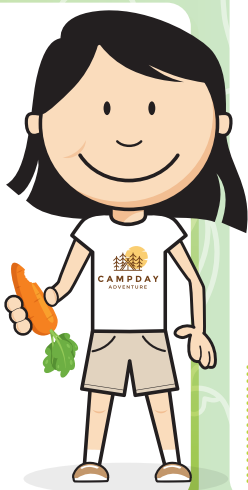
Grade _____

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?

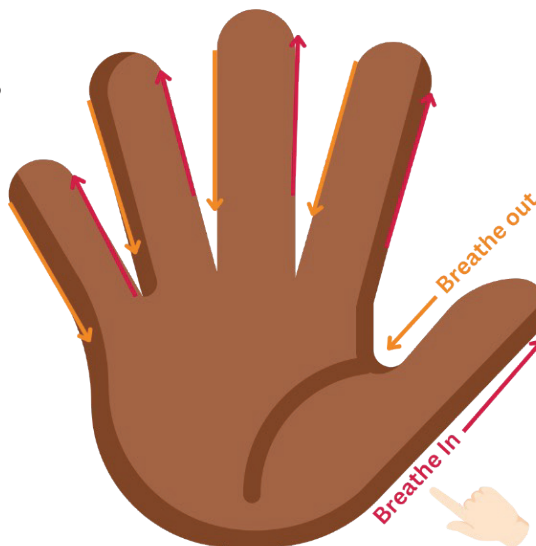
JOKE!

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:

Solve the math problems below to find which letter goes with each number.
Use the numbers to reveal the secret message!

$12-7=$

E

$7+3=$

R

$3 \times 3=$

U

$11+8=$

T

$15 \div 5=$

S

$13-5=$

A

$21-4=$

O

$6 \times 4=$

D

$7 \times 5=$

V



5 8 19

Y 17 9 10

F 10 9 19 3

8 N 24

35 5 G 5 19 8

B L 5 3 !

WORD SEARCH

Find and circle the list of **fruits and veggies** in the puzzle below.

CARROT

ONION

APPLE

PEPPER

CHERRY

GRAPES

PEAR

G	L	E	M	O	N	Q	T	O	R	R	A	C	B
R	R	A	P	R	I	C	O	T	A	P	Q	A	C
E	H	A	R	E	I	P	N	O	L	H	N	S	H
P	T	M	P	N	O	E	L	P	P	A	A	C	E
P	E	A	R	E	O	Q	I	U	N	L	O	B	R
E	M	P	B	F	S	P	M	A	M	R	N	A	R
P	Y	R	E	L	E	C	E	O	N	I	O	N	Y

LEMON

CELERY

PLUM

APRICOT

CORN

BANANA

LIME

