



**SERVINGS OF FRUITS
AND VEGETABLES**

Eat the Rainbow

February Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____

Teacher: _____

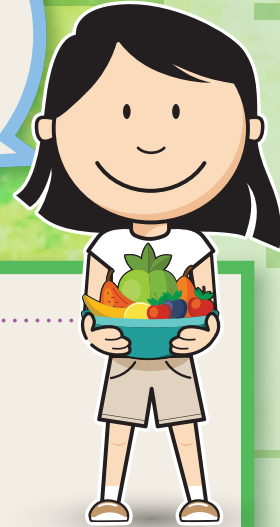
WHY IT MATTERS

Fruits and vegetables are like **super fuel** for your body! Eating at least **5 servings every day** helps you grow strong, feel full of energy, and give your brain power. They're packed with **vitamins, fiber, and color**—all the stuff your body needs to fight off germs, stay healthy, and play hard.

EMILY'S JOKE

What do you
call a sad
strawberry?

blue-berry!



CHALLENGE

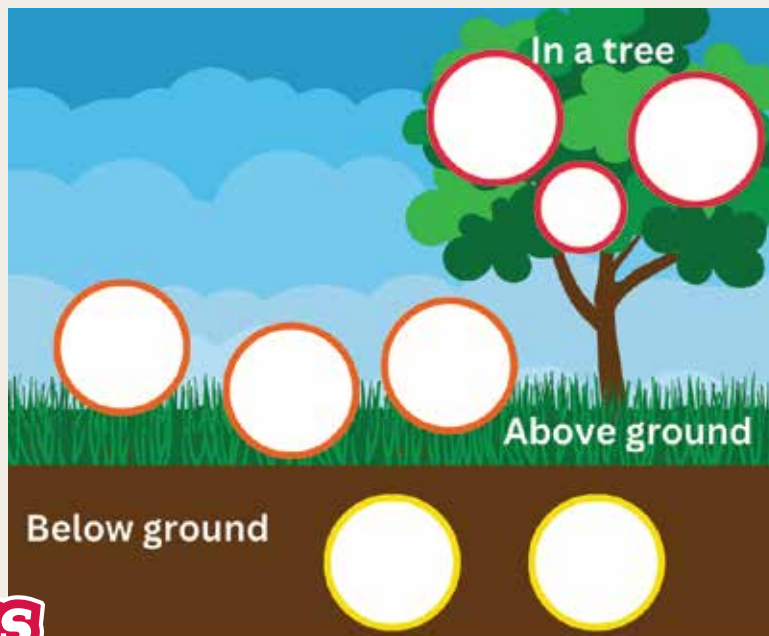
Fruit & Ueggie Hunt!

Look at the fruits and vegetables below. Draw a line from the fruit or vegetable to each circle to show where it grows.

- **Red** – If it grows on a tree
- **Orange** – If it grows above the ground (like on a plant or vine)
- **Yellow** – If it grows under the ground (like in the soil)

Then, try to decide: **Is it a fruit or a vegetable?**

Write **F** for fruit or **V** for vegetable on the line next to each one!





**Fitness
for Kids
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

ACTIVITY

Fruit Fractions

Look at the fruit and see how many slices it is cut into. Then, subtract the slices that Rachel ate. Write the number of slices left on the top part of the fraction. Check out the example below to see how it works!

Example:

$$\begin{array}{r} 9 \\ 9 - 6 \\ \hline 3 \\ 9 \end{array}$$

$$\begin{array}{r} 8 \\ 8 - 3 \\ \hline 5 \\ 8 \end{array}$$

$$\begin{array}{r} 10 \\ 10 - 4 \\ \hline 6 \\ 10 \end{array}$$

$$\begin{array}{r} 5 \\ 5 - 2 \\ \hline 3 \\ 5 \end{array}$$

$$\begin{array}{r} 12 \\ 12 - 3 \\ \hline 9 \\ 12 \end{array}$$

JOKE

Why did the banana go to the doctor?
Because it wasn't peeling well!

CELEBRATE AND REFLECT

Compliment Circle

What is a compliment?

A compliment is a nice thing you say to someone.

It can make them feel happy.

Have everyone in the room (whether at home or in the classroom) get in a circle and think of a fruit or vegetable. Have everyone share their fruit or vegetable, no repeats! Looking at the person to the right of you, give them a compliment with the same first letter as the fruit or vegetable they chose.

For example: If they chose a strawberry:

"You're as sweet as a strawberry!"

or a banana: **"You're as brave as a banana!"**



Parent Tip: Create a scavenger hunt at home or the grocery store and try and find or think of one fruit or vegetable that matches each color of the rainbow!

AT HOME TIP