



# Eat the Rainbow

## February Newsletter

2025-2026 | K-2

**SERVINGS OF FRUITS AND VEGETABLES**

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

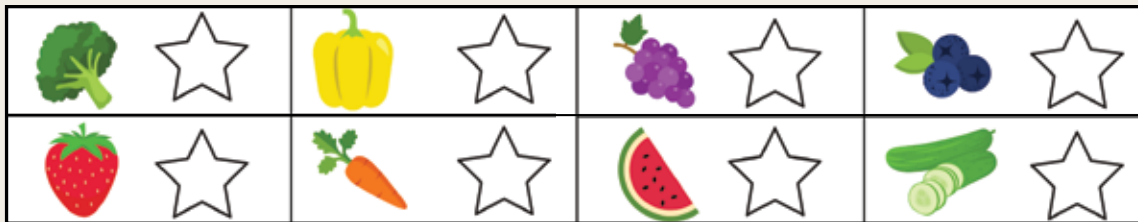
What do you call a sad strawberry?

**blue-berry!**



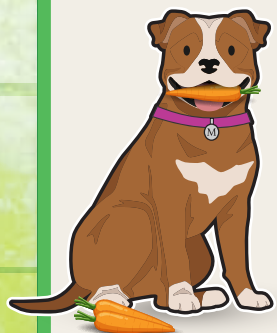
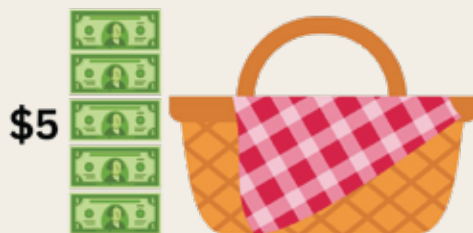
### CHALLENGE

**Fruit or Vegetables?** Color in the star **red** for fruit and **green** for vegetable. Circle your favorite!



### ACTIVITY

**Emily has \$5 to spend** at the farmers market. Each fruit and vegetable has a price next to their picture. Can you circle what she would buy for \$5?



\$1 



\$3   



\$2  



\$4    



\$1 



\$2  



\$3   



\$1 

**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

## 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!"**

**Bonus:** Draw a picture of your favorite fruit or vegetable in the space below. Why is it your favorite?

### JOKE

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

Because it wasn't peeling well!



**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