

Eat the Rainbow

February Newsletter

2026-2027 | 3-5



Name: _____

Grade: _____ Teacher: _____



The Big Why:

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 keep your brain sharp. They're packed with vitamins, fiber, and color—all the stuff your body needs to fight off germs, stay healthy, and play hard.

Why did the apple go to the gym?

To work on its core!



Take the Challenge

Make Your Case!

Write 2-3 sentences convincing another student to try a fruit or vegetable they don't usually eat.

My argument:

If you could **add one new fruit or vegetable** to your school cafeteria, what would you choose?

My choice: _____

My reason: _____



Get Moving!

Shout out a vegetable or fruit and do a special move:



Banana → wiggle like a banana



Carrot → jump up and down 5 times



Strawberry → bend and touch your toes 5 times



Broccoli → grow tall like a tree



Watermelon → big arm circles



Pea → curl up into a tiny ball, then POP!



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



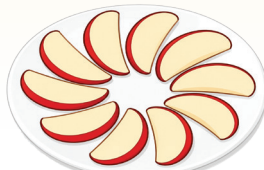
Apple “Nachos”:

You need:

- Apple slices
- Sunflower-seed butter or peanut butter (if allergies aren't a concern)
- Sliced strawberries or blueberries
- A sprinkle of oats



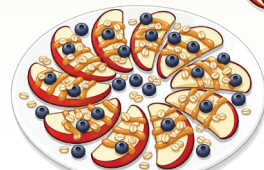
Don't forget to share!



Step 1



Step 2



Step 3

Make it:

Spread the apple slices on a plate, drizzle with seed/nut butter, and add berries and a sprinkle of oats.

Fuel fact:

Fruits and veggies come in lots of different colors. Each color gives your body different nutrients that help you grow, play, learn, and stay healthy!

Family Corner

Taste the Rainbow Scavenger Hunt!

At the grocery store, or at home find:

- 1 **red** fruit _____
- 1 **orange** veggie _____
- 1 **green** veggie _____
- 1 **purple** fruit _____
- 1 **healthy** food you've never tried before _____

Did you like it? _____

Dream big and share your family's answers with us for a chance to **WIN!**

ADULTS: Scan the QR code monthly and take the quick survey.



One strawberry has about 200 seeds on the outside!
They're one of the **only** fruits with their seeds on the outside.

Fun Fact!