

CREATIVE FOOD ART

GOAL

5

Eat at least **5** fruits and vegetables a day!

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

CHALLENGE: GET CREATIVE WITH YOUR FRUITS AND VEGGIES!

Design a picture using the fruits and vegetables on your plate, such as a flower with spinach petals or a scenic day at the beach with a pile of corn as the sun. Use your imagination!

Fruit and Veggie Facts:

- ◆ **Any fruit or 100% fruit juice counts as part of the Fruit Group.**
 - Fruits may be fresh, canned, frozen or dried, as well as whole, cut up or pureed.
- ◆ **Any vegetable or 100% vegetable juice counts as part of the Vegetable Group.**
 - Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut up or mashed.

What did you make? Tell us about it or draw a picture below.

MY CREATIVE FOOD ART DRAWING

