

FAVORITE FRUITS AND VEGETABLES

GOAL

5

Eat at least 5 fruits and vegetables a day!

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

ACTIVITY: LIST YOUR FAMILY'S FAVORITE FRUITS AND VEGGIES!

The activity this week is to have everyone in your house name their favorite fruit and favorite vegetable.

Name	Favorite Fruit	Favorite Vegetable
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Tip to take away: Five a day is the minimum number of fruits and vegetables that you should be eating each day.

