

FRUIT FOR DESSERT

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: EAT SOMETHING SWEET AND HEALTHY FOR DESSERT!

For this week's activity try having fruit for dessert instead of ice cream, cookies, candy or other sweets. Did you know that choosing fruit over desserts like cake or cookies can be just as sweet tasting? And you get your vitamins and nutrients at the same time!

What fruits did you eat this week for dessert?

Tip to take away: Go shopping with your family and fill your cart with some pieces of fruit instead of grabbing a box of cookies or other sweets. You'll be surprised at how a piece of fruit satisfies your sweet tooth! And you'll have more energy throughout the day!

