

# 5-A-Day the tasty way!

Eat and play—Enjoy 5-A-Day!



What is the giraffe's favorite way to move and play?

ANSWER: Stretching!



What did the banana ask the orange after a fun walk in the park?



ANSWER: Orange you feeling great?

### Healthy Me Way to Play:

S-T-R-E-T-C-H like a giraffe! Use your arms to reach up high, now higher and higher. Try to reach those leaves at the top of the tree! Now, bend and get the leaves off the ground!

### Healthy Me Snack Idea:

Try an orange after YOU have a fun walk in the park.

Think Fruits and Veggies...Color the Rainbow

Blue/purple  
Green  
White  
Yellow/orange  
Red

Think about the colors of YOUR favorite fruits and vegetables. For each color of the rainbow, draw the favorite fruits and vegetables that match that color.

**TALK fruits and veggies with your family! Eat a tasty rainbow every day!**

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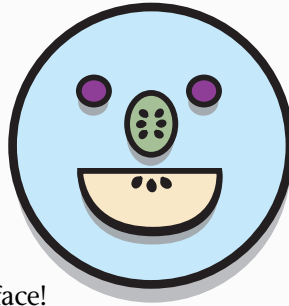


# 5-A-Day the tasty way!

## FRUIT FACE

Choose a "fruit face" for a snack.  
Have an adult help you:

- Cut grapes or strawberries in half for "eyes."
- Slice apples for smiles.
- Slice bananas or kiwi for a nose.
- Put the fruits on a plate to make your face!



### Have MORE fruit face fun.

THINK of other fruits you can use to make a face. Draw and color your creation here!



**Think of 5 ways YOU like to be active and write them here.**

*Tennis? Volleyball? Dancing? Skating? Walking? Others?*

- 1.
- 2.
- 3.
- 4.
- 5.

Circle the ones you can PLAY today!

Try it out! Shop for the fruits on the next trip to the supermarket!

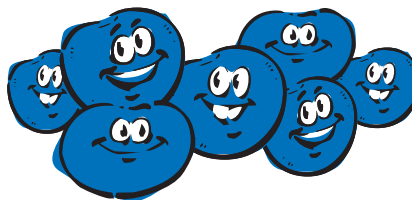
While you are there, see how many of these fruits and veggies you can SPY.

Circle the ones you find.

Put a ✓ by the ones you would like to try.

- Kiwi
- Blueberry
- Mango
- Raspberry
- Romaine Lettuce
- Fresh Spinach
- Cucumbers
- Raw Zucchini

What other fruits and veggies do you see? Are there ones you haven't tried yet?



## Can YOU GUESS?

How many steps it takes to walk one mile?



*Answer: about 2,000 steps*

**How many different colors of fruits and veggies can you find at home?**

✓ Check your cupboards, refrigerator, and freezer.

**Active Play  
+ 5-A-Day  
= a Healthy  
winner COMBO**

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