



My Five Senses

Today your child used their five senses to make and eat a “Five Senses Fruit Salad”. They also learned that eating fruit every day is important for their growing bodies. Teaching our kids about fruits and vegetables has a huge impact on their lives and their health as they grow. Use your five senses to make and eat this healthy and delicious fruit salad!

Five Senses Fruit Salad

Ingredients:

- 4 apples
- 4 kiwi fruits
- 4 oranges
- 1/2 bag of grapes

Yield: 5 servings

Cost: \$10.56

Cost per serving: \$2.11

Nutrition Facts	
5 servings per container	
Serving size	1 cup(187g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 0mg	0%
Potassium 315mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Bean Bag Fun!

Bean bags can be a fun activity to do with your kids. If you don't have any at home, you can easily make some with mismatched socks and dried beans. No need to sew, just tie off the end of the sock. Squeeze them, aim them, and toss them. Endless fun, inside and out!



SNAP-Ed

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



Mis Cinco Sentidos

Hoy su hijo(a) uso sus cinco sentidos para preparar y comer la “Ensalada de Frutas Cinco Sentidos.” También descubrió que comer fruta todos los días es importante para su cuerpo en crecimiento. Enseñar a nuestros niños sobre las frutas y verduras tiene un enorme impacto en sus vidas y en su salud a medida que van creciendo. ¡Use sus cinco sentidos para hacer y comer esta ensalada saludable y deliciosa!

Ensalada de Frutas Cinco Sentidos

Ingredientes:

- 4 manzanas
- 4 kiwis
- 4 narajas
- 1/2 bolso de uvas

Rinde: 5 porciones

Costo total: \$10.56

Coso por porción: \$2.11

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Equilibrio del Cuerpo

Colocar un pedazo largo de cinta de pintor una línea en el piso. Entregar 1 saquito a cada niño. Hacer que los niños se coloquen en fila y caminen por la línea balanceando el saquito sobre una parte del cuerpo (cabeza, hombro, pie).



SNAP-Ed
Division of Food & Nutrition Assistance

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Esta institución es un proveedor que ofrece igualdad de oportunidades.