



- ✓ Help your whole family eat more fruits and vegetables. Children enjoy fruits and vegetables more when they help prepare them.
- ✓ Our goal is to eat 5 or more servings of fruits and vegetables per day.
- ✓ Staying active as a family is fun, easy, and free.
- ✓ Children should be physically active for 1 hour or more a day. For most adults, the recommendation is 2 ½ hours a week of a combination of moderate to vigorous activity.

## Corn and Bean Salad

### Ingredients:

- 2 limes
- 1 red bell pepper
- 1 yellow squash
- 1 zucchini
- 1 (15 oz) can corn
- 1 (15 oz) can black beans
- whole wheat tortillas
- hot sauce

### Directions:

Help children wash the vegetables and cut into small bite size pieces. Open cans of corn and beans. Rinse and drain. Mix all vegetables together. Squeeze lime on top. Add hot sauce and serve with tortillas.



## Food Art



### Directions:

Use a strainer and have children help wash a variety of fruits and vegetables. Cut, arrange and make your own fun creations.



## Fun with Movement

### Act like an ANIMAL!

- Take turns choosing and acting like different animals.
- Gallop, jump, and hop like an animal to get your heart pumping.
- Turn on the music and play animal freeze dance.

**Tip:** Find things at home to help encourage imaginative play; scarves, bandanas, socks.

