

Dear Family,

This week your child learned how eating colorful fruits and being active keeps us energized.

Family Tips

Make half your plate fruits and vegetables. They take their lead from you. Enjoy a colorful fruit salad with your child.

Develop balance. Balance on one foot with your child. Can you and your child hop like a kangaroo?

Fun Activities

Try this fun activity with a child-friendly fruit or vegetable:

Make a colorful kabob:

- Cut fruit into small bite-size pieces. Try melons, bananas, apples, oranges, or pears.
- Children can put fruit on a popsicle stick, chop stick, or coffee stirrer to make a fun fruit kabob.
- For a veggie version try vegetables like zucchini, cucumber, sweet peppers, or tomatoes.

Create a balance beam.

- Lay out a long piece of string or tape in a straight line.
- Have your child walk the beam, heel to toe.
- Have them hold out their arms for balance. You can support your child by holding their hand.

Make half your plate vegetables and fruits



Eat Well Play Hard in Child Care Settings



Department
of Health

Child and
Adult Care
Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.