

Teacher name _____

Grade _____

Shade in the circles for each fruit and veggie you try today. Use the questions below each box to talk about fruits and veggies every day!

Monday

Tuesday

Wednesday

Thursday

Friday



We tracked today!



We tracked today!



We tracked today!



We tracked today!



We tracked today!

I'm looking for chefs who can name the five types of fruits and veggies and show me the moves for them!

I'm looking for chefs who can name one of the fruits and veggies we tried together in our classroom. Tell a partner!

Chefs, tell the person next to you about a yummy fruit or veggie you tried today. What did you eat? What did it taste like?

Chefs, stand up and do the tree fruit and veggie move!

I'm looking for a chef who tried and tracked fruits and veggie this whole week. Raise your hand!

Monday

Tuesday

Wednesday

Thursday

Friday



We tracked today!



We tracked today!



We tracked today!



We tracked today!



We tracked today!

Find a chef who tried a root or leaf fruit or veggie today? What was it? (May have to walk around.)

I'm looking for chefs who can tell me what type of veggie broccoli is. (Answer: flower) Can you do that move?

Name that veggie: I am a root veggie. My body is orange and my leaves are green. Bunnies love to eat me.

I'm looking for a chef who can lead us through the fruit and veggie moves: root, tree, leaf, plant and flower.

I'm looking for a chef who tried and tracked fruits or veggies every day this week.

Monday

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Wednesday

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We tracked today!



We tracked today!



We tracked today!

I'm looking for a chef who recently tried a fruit or veggie they have never had before. What was it?

Name that fruit or veggie: I am a flower veggie and green all over. I look like a little tree.

Chefs, let's try to name as many red fruits and veggies as we can!

I'm looking for chefs who can tell me what type of veggie spinach is. (Answer: leaf)

Chefs, What did you like about trying for five fruits and veggies? Will you try for five after the challenge? Why?

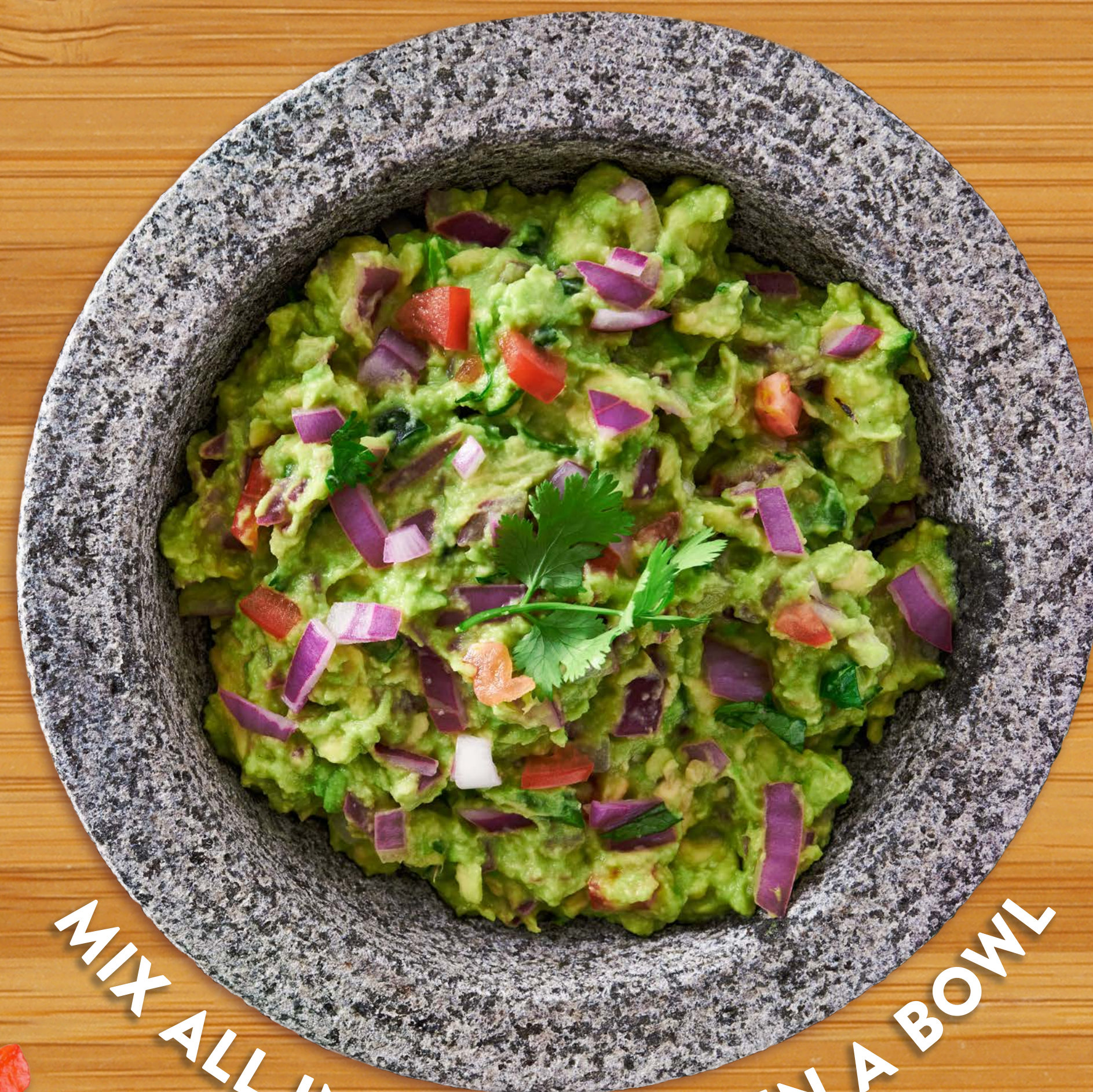
AVOCADO
MASH!



TOMATO
DICE!



MIX ALL INGREDIENTS IN A BOWL



LIME
SQUEEZE!



CILANTRO
MINCE!



ONION
CHOP!



SERVE WITH
RADISHES,
CUCUMBERS,
CARROTS AND
BELL PEPPERS
FOR DIPPING!



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INGREDIENTS

- 2 ripe avocados
- 1/2 cup tomato, dice (from fresh or canned, drained)
- 1 small onion, chopped
- 1 tablespoon fresh cilantro, minced
- 1/2 fresh lime, squeezed
- Hot sauce (optional)
- Pinch of salt (optional)

INSTRUCTIONS

1. Wash your hands with soap and all of the veggies.
2. With the help of your adult, slice each avocado in half. Remove the pit and scoop out the insides. Put the avocado in a bowl and using a fork, mash it until it is still chunky, not smooth.
3. Add the diced tomato, chopped onion and minced cilantro leaves. Squeeze the lime and add the juice.
4. Stir it all together, but not too much. Add hot sauce and salt, if you like.
5. Move the guacamole to a serving bowl and try it with slices of cucumber, radishes, carrots or bell peppers.

NOTE: Put the avocado pits in the guacamole to prevent it from turning brown from the air. Cover tightly with plastic wrap and refrigerate no more than four hours.