

# EAT



Eating at least **five** colorful fruits and veggies a day will help you:

1. Grow up strong and healthy
2. Boost your brain power
3. Move faster and play harder
4. Keep you energized
5. Add yum and color

## fruits & veggies every day!

### Check these great tips!



### Word search:

Find these five favorites!

apple | grapes | plum | kiwi | carrot

H	X	W	W	H	V	R	C	U	O
T	Z	F	K	U	C	X	Z	E	A
G	Q	F	C	Y	T	L	E	P	C
P	Z	R	Z	O	H	E	U	T	M
L	F	A	R	A	L	R	L	Q	U
U	G	R	A	P	E	S	Y	M	P
M	A	D	P	U	H	I	D	Q	W
C	Z	A	F	C	W	J	R	A	Q
X	I	H	W	I	H	N	X	A	T
P	G	X	K	O	L	F	O	F	U