

Eat 5 or more fruits and veggies a day



WHY 5?

Eating at least 5 colorful fruits and veggies a day will help you:

- Grow up strong and healthy
- Boost your brain power
- Move faster and play harder
- Satisfy your tummy
- Be at a healthy weight

Fruit and Veggie Word Jumble:

irfut		R				
ealpp				L		
prgea		R				
mulp			U			
iwik			W			
orrcta					O	



SIZE 'EM UP

Each equals 1 serving of fruit or veggie

-  1/2 cup dried fruit = (golf ball)
-  1/2 cup fruit or veggie = (light bulb)
-  1 medium piece of fruit or 1 cup leafy greens = (baseball)
-  1 medium potato = (mouse)

PARENT TIP:

Keep your family safe.

Rinse fruits and veggies before preparing or eating them. Under clean, running water, rub them briskly with your hands or a fruit/veggie brush. Keep fruits and veggies separate from raw meat, poultry and seafood while shopping, preparing, and storing.

Parents Corner:

5 ways to get 5

1. **Wash. Cut.** Keep them at kid-level and ready to grab.
2. **Buy what's in season.** They taste great and cost less, too.
3. **Encourage seconds.** Keep 'em on the table.
4. **Add them to the bowl first.** Then top with cereal, yogurt, pasta or rice.
5. **Bag the Chips. Veg out.** Bake up some kale chips. Add chopped or pureed veggies to soup, pasta, eggs or pizza.

5 ways to yumify fruits and veggies!

1. **Freeze 'em up.** Frozen grapes, blueberries or mangos make a cool treat.
2. **Grill 'em up** to make them extra sweet and yummy.
3. **Fun 'em up.** Cut them into fun shapes. Decorate the plate.
4. **Kabob em' up.** See how colorful you can make each one.
5. **Yum 'em up** with herbs and a splash of lemon juice or balsamic vinegar.



FUN UP

fruits and veggies
- with kids in the kitchen

Cook up some family fun with these yummy familytastic recipes.



POWER UP

at Breakfast with better bites

Recipes by EatingWell.com.

Bagels Gone Bananas

Makes 2 servings, 1/2 bagel each

Ingredients

2 tablespoons natural nut butter, such as almond, cashew or peanut

1 teaspoon honey

1 whole-wheat bagel, split and toasted

1 small banana, sliced

Stir together nut butter and honey in a small bowl. Divide the mixture

between bagel halves and top with banana slices.

Kids can help by:

- Finding, measuring and mixing ingredients
- Spreading the bagel with nut butter mixture and topping with bananas

SNACK ATTACK:

Recipes by EatingWell.com.

Have a boat-load of yum - with Zu-Canoes

Makes 4 servings

Ingredients

2 medium 2-inch-wide zucchini

1/2 teaspoon salt, divided

1/2 teaspoon freshly ground pepper, divided

1 tablespoon extra-virgin olive oil

1 tablespoon white-wine vinegar

1 tablespoon minced shallot

1 cup quartered grape tomatoes

1/2 cup diced mozzarella cheese, preferably fresh

1/4 cup thinly sliced fresh basil

1. Wash zucchini. Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp; set aside.
2. Place the zucchini halves in a microwave-safe dish. Sprinkle with 1/4 teaspoon each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. (OR steam in a steamer basket over 1 inch of boiling water in a large skillet or pot.)
3. Whisk oil, vinegar, shallot and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.

For these and more yummy, familytastic fruit and veggie recipes go to **www.yumpower.com** and click "myKitchen".

Kids can help by:

- Washing the zucchini and scooping out the pulp.
- Finding, measuring and mixing ingredients
- Dividing and filling up the zu-canoes.

Breakfast – it's a no brainer.



Breakfast fuels your body with energy and powers your brain to help you learn, stay focused and even score better on tests. That's pretty cool.

Guess what other cool things happen when you eat breakfast? You:

- Grow stronger
- Move faster
- Feel better

