

TRY FOR 5

FRUIT & VEGGIE TRACKER

TEACHER NAME

GRADE

SCHOOL

Color 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
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We tracked today!	We tracked today!	We tracked today!	We tracked today!	We tracked today!

I'm looking for chefs who can name five types of fruits and veggies.

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 show off your favorite chef skill move!

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We tracked today!	We tracked today!	We tracked today!	We tracked today!	We tracked today!

Find a chef who tried a vegetable from the squash family. What was it? (May have to walk around.)

I'm looking for chefs who can tell me three different colors of peppers.

Name that veggie: I can be purple or green, grow in the ground, and taste great in a Super Slaw recipe.

I'm looking for chefs who have used their measuring spoon! What ingredient did you measure?

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We tracked today!	We tracked today!	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 green and super cool. I grow on a vine and can be made into pickles!

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

I'm looking for chefs who can show off their mixing and shaking skills!

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

TRY FOR 5

SUPER SOUP

Try for 5 Veggie Mix

Serves: 12-14 (1-cup servings)

INGREDIENTS:

- 2 cups tomato, (1 15-ounce can diced tomatoes), diced
- 3 cups sweet potato (2 large sweet potatoes), peeled and cubed
- 3 cups green beans (fresh, frozen or canned), cut
- 3 cups purple cabbage, shredded
- 3 cups cauliflower, cut into bite-sized pieces
- 1 cup onion (1 medium onion), diced
- 1 tablespoon garlic (about 3 cloves), minced
- 1 tablespoon olive oil

INSTRUCTIONS:

1. Heat large stock pot on stovetop on medium-low. Add olive oil. Once heated, add onions and garlic. Sauté until translucent, about 5-7 minutes.
2. Mix in the cut, cubed, shredded and diced veggies.
3. Pick your favorite flavor broth and add it to the pot.
4. Bring to a boil, then reduce heat to low, cover and simmer for about 20-30 minutes until veggies are cooked to your favorite tenderness.
5. Add in protein. Taste and adjust seasoning as desired and serve over grain.



Coconutty Indian Broth

INGREDIENTS:

- 1 15-ounce can of coconut milk
- 2 cups veggie broth
- 1 1/2 tablespoons East Indian Seasoning (recipe on page 41)
- Protein: 2 cups red lentils, cooked
- Grain: Serve over quinoa

OR

Savory Southwest Broth

INGREDIENTS:

- 4 cups veggie broth
- 2 tablespoons Homemade Taco Seasoning (recipe on page 41)
- 2 teaspoons salt
- Protein: 2 15-ounce cans black beans, drained and rinsed
- Grain: Serve over brown rice

OR

Superb Herb Broth

INGREDIENTS:

- 4 cups veggie broth
- 1 1/2 tablespoons Mediterranean Seasoning (recipe on page 41)
- Protein: 1 pound chicken breast, cooked and shredded or cubed
- Grain: Serve over wild rice



powerup

Find more PowerUp recipes at
healthpartners.com/powerupfamily

©2018 HealthPartners

