

BRIGHTEN the Family Table



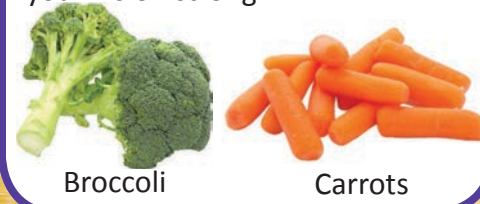
For fun games and recipes, visit www.EatWellBeWell.org



Healthy Eating is Good For You - From Head to Toe

Vegetables and fruits can do amazing things for your body. Fuel up with these foods to stay strong and healthy!

Eyes- vegetables and fruits keep your vision strong.



Broccoli

Carrots

Skin- vegetables and fruits help heal your skin when we get a cut or a scrape.



Oranges

Bell Peppers

Digestive System - vegetables and fruits keep your digestive system clean.



Apples

Green Beans

Muscles - vegetables and fruits help keep your muscles strong.



Peas

Banana

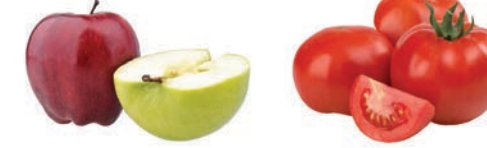
Brain - vegetables and fruits help you learn better in school.



Blueberries

Avacado

Teeth - vegetables and fruits help you have a healthy smile.



Apples

Tomatoes

Heart - vegetables and fruits help your heart be healthy.



Grapefruit

Red Cabbage

Bones - vegetables and fruits help keep your bones strong.



Spinach

Kale

Where Are All the Vegetables and Fruits?

Vegetables and fruits can be found in many places! Try to find a vegetable or fruit in the places listed below. Write down what you find.

Your school lunch tray _____

In the school lunch line _____

On a poster in your school _____

In your teacher's or principal's lunch _____

Part of a classroom party _____

In a garden close to your home or school _____

At the grocery store _____

In your refrigerator _____

On your dinner plate _____

In a TV commercial _____

What was the easiest place to find a vegetable or fruit? _____

What was the hardest place to find a vegetable or fruit? _____

Was there a place you were not able to find a vegetable or fruit? _____

Peanut Butter and Fruit Sandwich

Ingredients

- | | |
|------------------------------|-----------------------------|
| 1 green apple, thinly sliced | 2 tablespoons peanut butter |
| 1 banana, thinly sliced | 1 tablespoon maple syrup |
| 2 slices whole wheat bread | Cinnamon |

Directions

1. Wash hands with warm water and soap.
2. Wash apple. Cut the apple and take out the seeds.
3. Cut the apple and banana into thin slices.
4. Toast the bread.
5. Spread the peanut butter on both slices of bread.
6. Layer the fruits on top of the peanut butter.
7. Pour on the maple syrup.
8. Sprinkle with cinnamon.

Makes 2 sandwiches, ½ sandwich each

Nutrition information per serving: Calories, 281; Carbohydrates, 46 gm; Protein, 7.9 gm; Total Fat, 9.37 g; Saturated Fat, 1.86 g; Trans Fat, 0.02 g; Cholesterol, 0 mg; Fiber, 7.5 g; Total Sugars, 21.5 g; Sodium, 197 mg; Calcium, 75 mg; Folate, 28.5 mcg; Iron, 1.19 mg; Calories from Fat, 30%

Recipe courtesy of - What Should I Eat for Breakfast Today

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.

There Are Many Ways to Fuel Up with Vegetables and Fruits During the Day!

1. Eat a piece of fruit at breakfast or add some fruit to your cereal or oatmeal.
2. Enjoy your favorite vegetable as a snack.
3. Eat the vegetables and fruits served in your school's lunch.
4. Ask your family to include your favorite vegetable at dinner.
5. Pick out a piece of fruit the next time you are food shopping. Eat it for a sweet treat!



Eat Smart to Play Hard!

You need at least 60 minutes of physical activity every day. Physical activity should be fun! Do things you enjoy like riding your bike, playing with your pet, dancing with your friends, or running around at recess.

