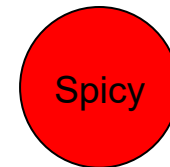
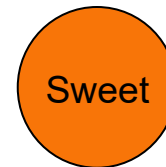
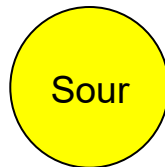
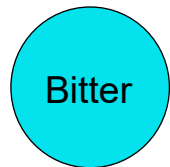




HEALTHY KIDS CORNER

1 Week Fruit and Veggie Challenge!

Did you know all vegetables and fruits have different tastes? Over the week, try to eat at least one vegetable or fruit for each taste that is listed below. Write which kinds you eat below each circle. If a vegetable or fruit you eat has more than one taste, write the name between the circles.



How many vegetables and fruits do you eat in one week? Cross off one apple for each time you eat a fruit, and one carrot for each time you eat a vegetable!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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