



School and Home Connection



What are we learning about this week?

This week we learned about **fruits and vegetables** and why it is important to eat them every day. We also learned about the **benefits of physical activity**.



What is this week's goal?

Eat at least 1 fruit and 1 vegetable every day this week.
The more, the better!



Review with your child:

1. Why is it important to eat a rainbow of fruits and vegetables? (They all have different vitamins and help our bodies in different ways)
2. Name a fruit or vegetable of every color!
3. How many servings of fruits and vegetables should we try to eat every day? (5)
4. What are two great things about physical activity?



Take action:

Note how many different colors of fruits and vegetables you can eat as a family this week!