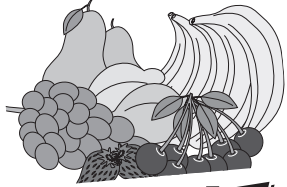




MISSION NUTRITION!



FRUIT SCRAMBLE

1. TRAPICO _____
2. PLAPE _____
3. ERPA _____
4. BERESLIBUER _____
5. SHEERRIC _____
6. BRANCRERY _____
7. TEAD _____
8. IFG _____
9. PENUR _____
10. OGERNA _____
11. PRAGES _____
12. CPAHE _____
13. NABAAN _____
14. IIWK _____
15. WRTBRAERSY _____
16. EMIL _____



VEGGIE SCRAMBLE

1. TRCROSA _____
2. NAEB _____
3. ATTPOO _____
4. CUTEELT _____
5. OOTMAT _____
6. YLCEER _____
7. CRIOCBOL _____
8. SGARAAUPS _____
9. PPPEER _____
10. IOONN _____
11. SROMUOMH _____
12. SPAE _____
13. BECAGBA _____
14. TEBE _____
15. IRCTAOKHE _____
16. ISDARH _____

Be a fruit & vegetable champion!

Try the 5-A-Day Challenge!

This is a fun way to help you become more aware of including fruits and vegetables into your diet. By trying new fruits and veggies, and eating the recommended amounts, the servings can really add up! And they taste really good!

Every day, color in a fruit or vegetable for each time you eat a fruit or vegetable serving in the chart below. The goal is to get to 5 servings each day. Remember, all forms of fruits and vegetables count, such as juice and dried fruit (as long as it doesn't have added sugar).

Also, get acquainted with your fruits and vegetables by filling out these fun word scrambles at left!

FRUIT & VEGGIE WEEKLY CHART

	sun	mon	tues	wed	thur	fri	sat
FRUIT 2-3 servings per day							
VEGGIES 2-3 servings per day							