

Eat 5 Fruits and Vegetables Everyday!



Healthy Habits for Life has five key messages:

- Eat 5 fruits and vegetables every day!
- Anytime foods are so good for you, they may be eaten anytime. Eat a vegetable at every meal! These foods include fruits, vegetables, beans, whole grains and low fat milk. These foods are all in the new WIC food packages!
- Sometime foods are usually high in sugar, fat or salt, so enjoy them sometimes.
- Eat together as a family.
- The more you move, the healthier your body is, so be active every day!



Children can share what they've learned about the importance of "eating your colors" as they pretend to be the Fruit-n-Veggie Five – performed in the video.

Try this!

Have children think of anytime foods in food groups other than fruits and vegetables.



Children will:

- Think about eating colorful anytime foods.
- Remember that they should eat five fruits and vegetables every day.
- Sing together.
- Explore sequencing.

Viewing:

Watch *The Get Healthy Now Show* on the DVD in **separate segments throughout the day**. Encourage children to sing and dance along with the video as they watch.

Materials:

Five pieces of construction paper (red, orange, yellow, green and purple)

Doing:

1. When you've finished watching all three segments, children can take turns (five at a time) being the Fruit-n-Veggie Five. The rest of the group can be the audience at their concert.
2. Hand out construction paper (one to each of the Fruit-n-Veggie Five) and have each child tell you what fruit or veggie they are (example: red = apple, orange = carrot, green = broccoli, yellow = pineapple and purple = eggplant).
3. Have the group stand in front of the "audience" on the rug. Then choose one child to be the Big Tomato! He can call the band up "on stage" (in any order) by calling out colors until all of the Fruit-n-Veggie Five are ready on the stage.
4. The Fruit-n-Veggie Five can lead a call and response song, just like in the video. (The child with the red paper jumps up and says "apple". Everyone repeats "apple.") Continue until all colors have been repeated.
5. Hand the paper to five more children – and bring on the next Fruit-n-Veggie Five!

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Fruits and Vegetables Rainbow

When you talk about the colors of fruits and vegetables you teach your children about colors and healthy eating. Remind children to “eat their colors”!

PURPLE	Blackberries Elderberries Plums Purple cabbage Purple Belgian endive	Black currants Purple figs Raisins Purple carrots Purple peppers	Dried plums Purple grapes Purple asparagus Eggplant Potatoes (<i>purple fleshed</i>)
RED	Blood oranges Cranberries Red pears Strawberries Red peppers Red onions Tomatoes	Red apples Red grapes Pomegranates Watermelon Radishes Red potatoes	Cherries Red grapefruit Raspberries Beets Radicchio Rhubarb
YELLOW	Yellow apples Grapefruit Pineapples Yellow peppers Yellow winter squash	Cape gooseberries Lemon Yellow watermelon Yellow potatoes Sweet corn	Yellow figs Yellow pears Yellow beets Yellow tomatoes Yellow summer squash
ORANGE	Apricots Nectarines Peaches Butternut squash Rutabagas	Cantaloupe Oranges Persimmons Carrots Sweet potatoes	Mangoes Papayas Tangerines Pumpkins
GREEN	Avocados Honeydew Green pears Asparagus Broccoli rabe Green beans Chayote squash Leafy greens Green onions Green peppers Spinach	Green apples Kiwifruit Artichokes Broccoli Brussels sprouts Green cabbage Cucumbers Leeks Okra Snow peas Watercress	Green grapes Limes Arugula Broccoli Chinese cabbage Celery Endive Lettuce Peas Sugar snap peas Zucchini
WHITE	Bananas White peaches Ginger Kohlrabi Parsnips Turnips	Brown pears Cauliflower Jerusalem artichokes Onions Potatoes (<i>white fleshed</i>)	White nectarines Garlic Jicama Mushrooms Shallots



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