



Champions for Change
Arizona Nutrition Network

FRUITS & VEGGIES ACTIVITY SUGGESTIONS

Preschool Edition 2012

Get kids excited about being a Champion for Change by eating fruits and veggies!

Who is this for? Kids and their parents

Why is this a good idea? Fruits and veggies are healthy for growing kids

“Which ones don’t belong?”

- Image of farmers’ market with a variety of fruits and veggies lined up for sale amongst groups of non-fruits and veggies.
- **Objective:** Pick out items that don’t belong in the farmers’ market.
- **Example:** Corn, lettuce, carrots and a can of tuna are all on display at the market ready for sale. Which one doesn’t belong? The can of tuna. The child would circle the can of tuna.

“Coloring Fruits & Veggies”

- Black & white drawings of fruits and veggies.
- **Objective:** To fill in the fruits and veggies with the correct color.

For more fun games, visit EatWellBeWell.org.

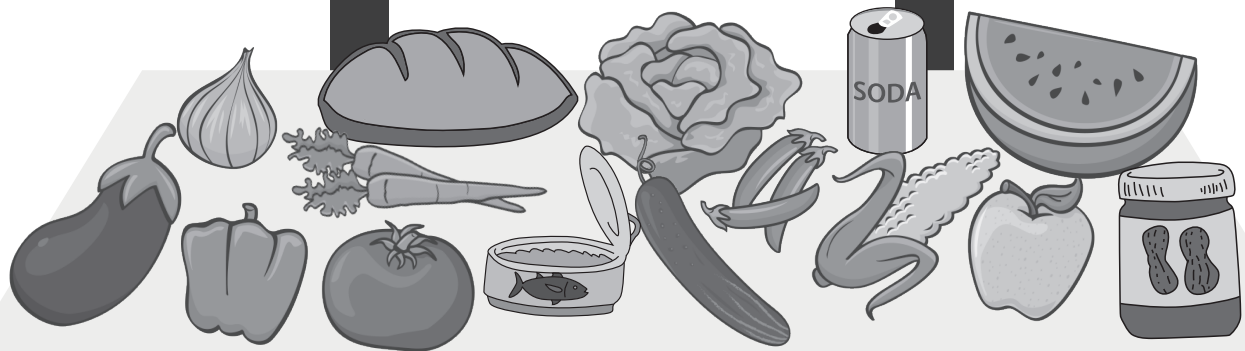


This material was federally funded by USDA’s Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

WHICH ONES DON'T BELONG?

Pick out and circle the food items that don't belong in the fruits and veggies group.

FARMERS' MARKET



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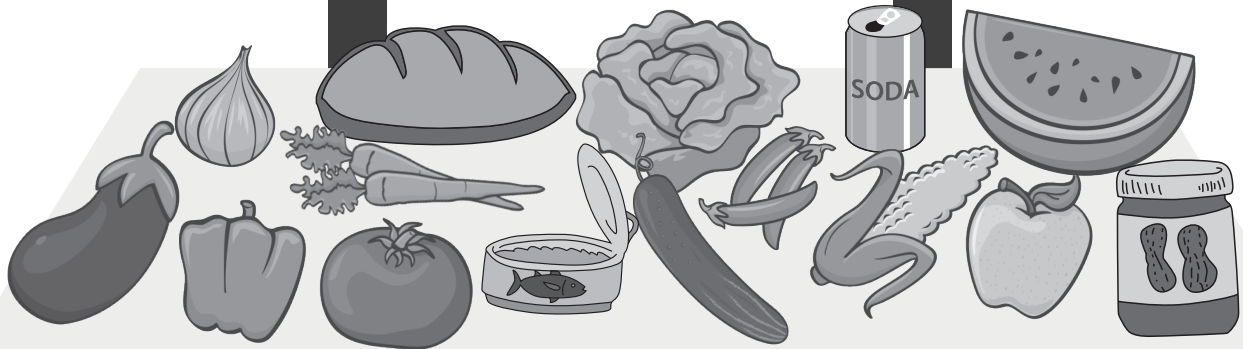


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¿CUÁL DE ESTOS NO CORRESPONDE?

Escoge y circula los productos que no pertenecen al grupo de frutas y verduras.

MERCADO DE AGRICULTORES



Campeones del Cambio
La Red de Nutrición de Arizona

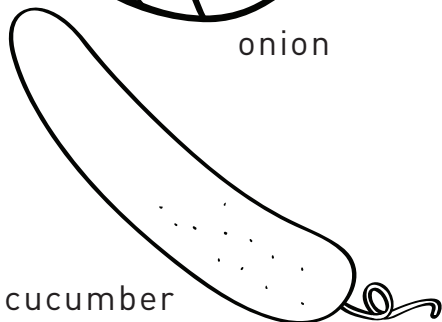
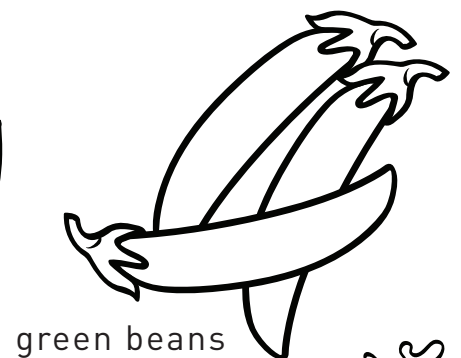
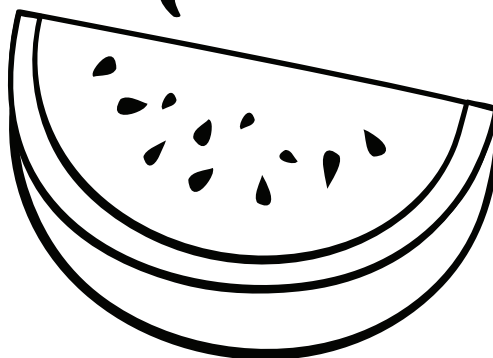
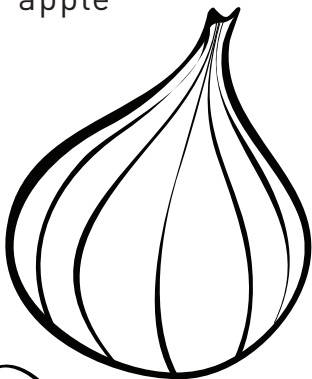
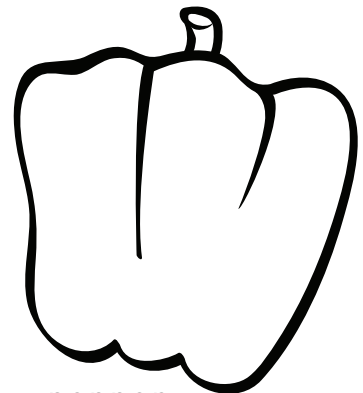
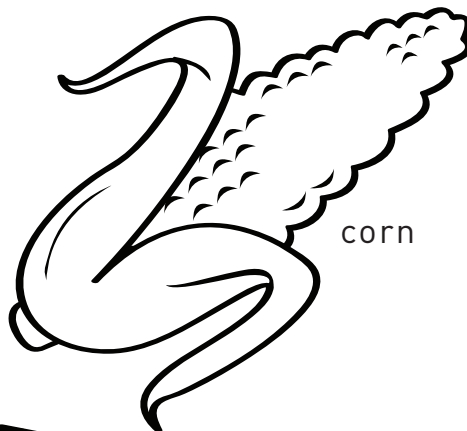
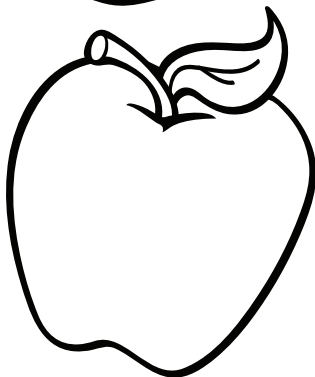
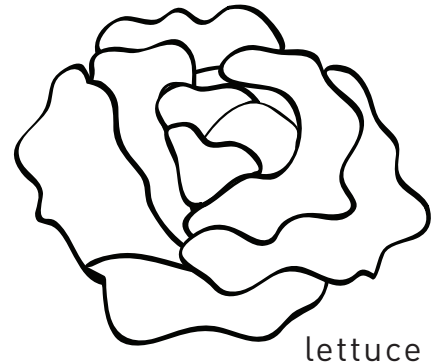
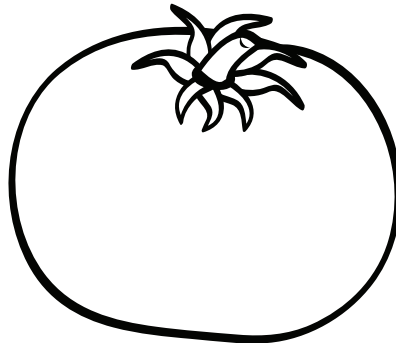
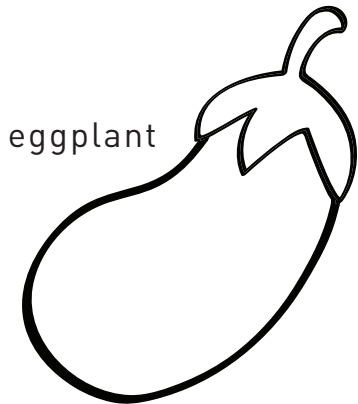
Para más juegos divertidos, visita ComeSanoViveMejor.org.



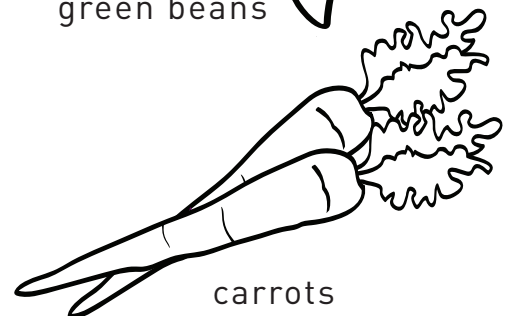
Este material se desarrolló con fondos proporcionados por el Programa de Cupones para Alimentos del Departamento de Agricultura de los EE.UU. (USDA para sus siglas en inglés). El Programa de Cupones para Alimentos ofrece asistencia relacionada a la nutrición para gente con bajos ingresos. Le puede ayudar a comprar comida nutritiva para una mejor dieta. Para obtener más información, comuníquese al 1-800-352-8401. Esta institución brinda igualdad de oportunidades en el empleo y en los servicios que provee.

COLORING FRUITS & VEGGIES

Fill in the fruits and veggies with the correct color.



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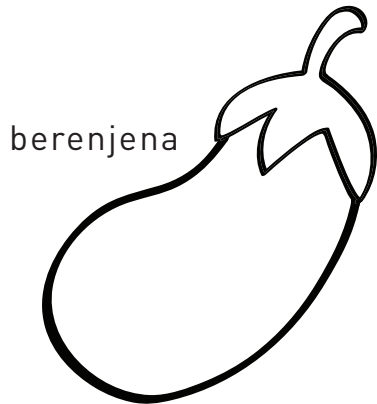
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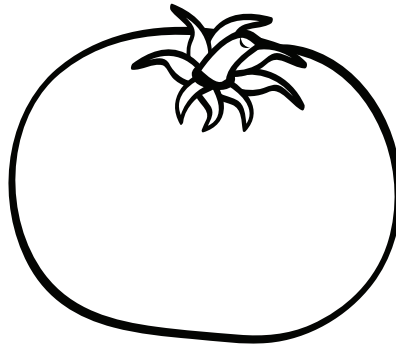
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COLOREANDO LAS FRUTAS Y VERDURAS

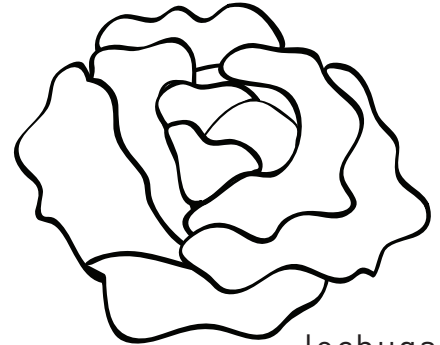
Rellena las frutas y verduras con el color correcto.



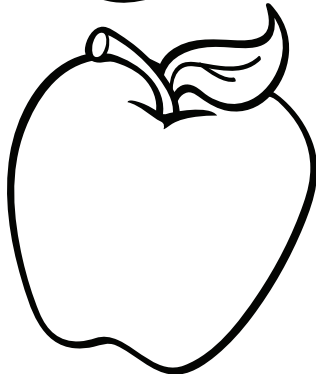
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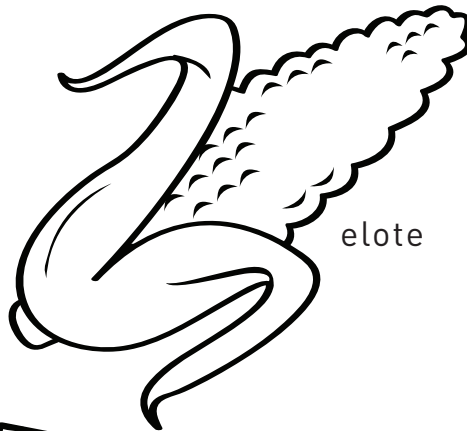
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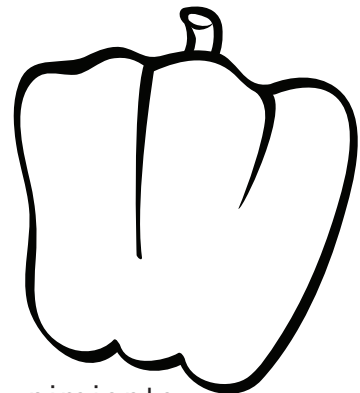
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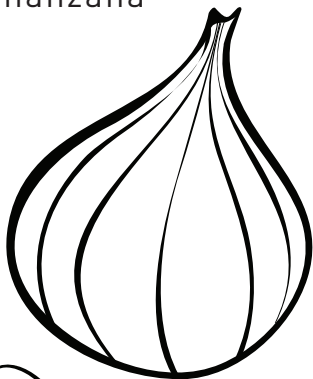
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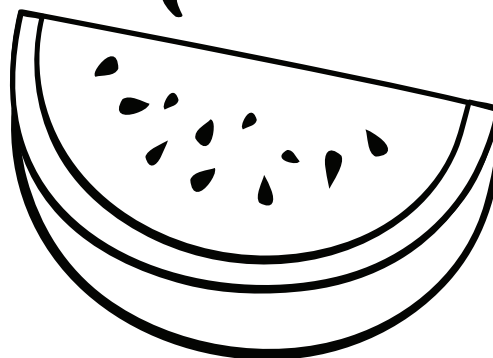
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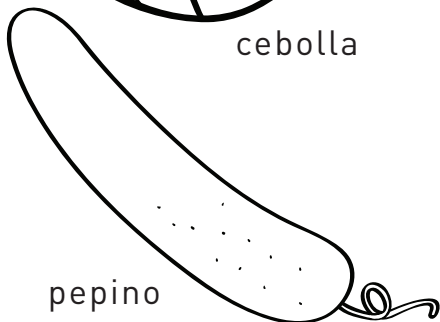
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Campeones del Cambio
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zanahorias

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