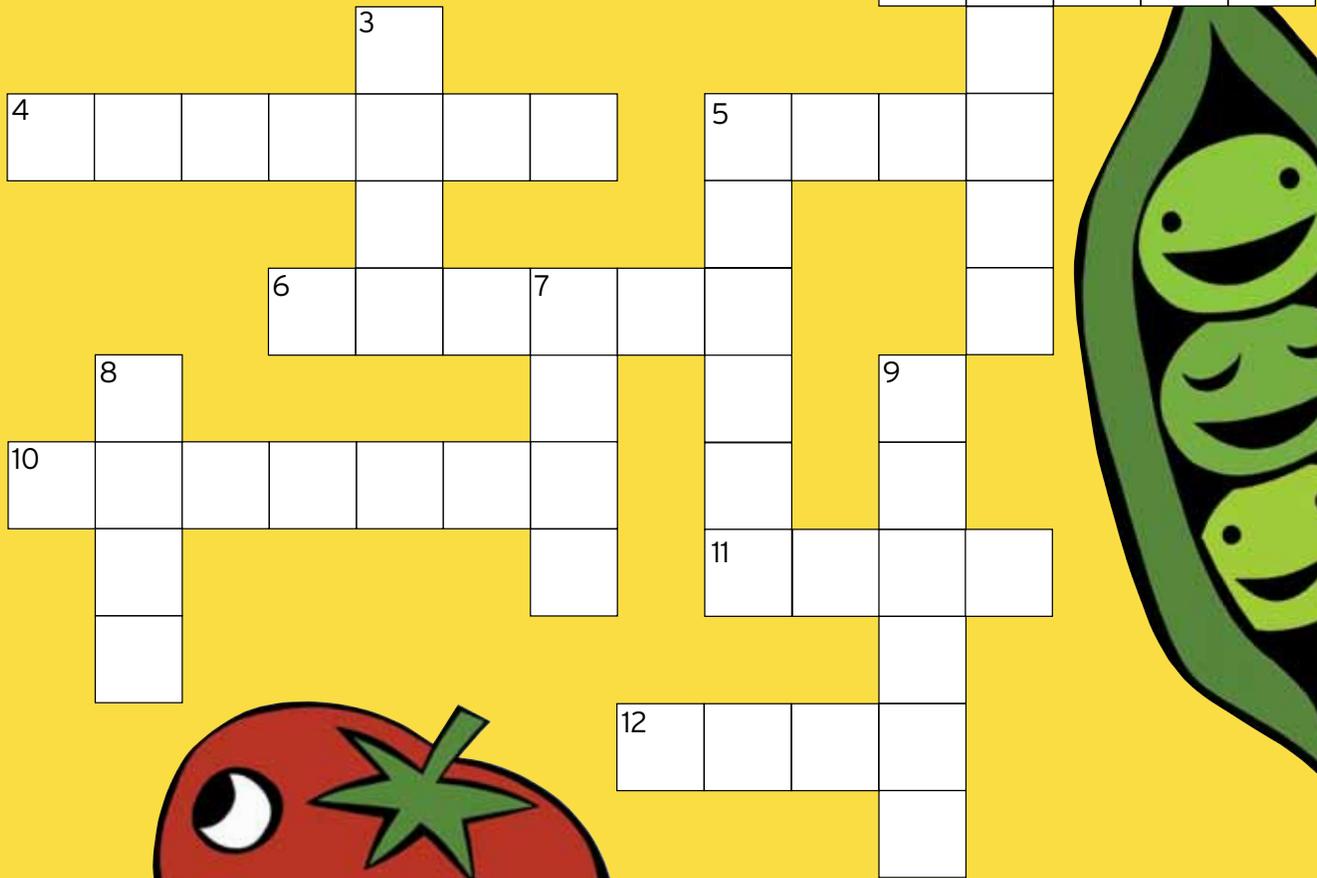


Get Down

(and across) with
your fruits & veggies



ACROSS

- 2 Asparagus can be white or _____.
- 4 Straw____, Black____ & Rasp____
taste yummy on cereal.
- 5 ____ on the cob
- 6 Veggie that can be hot or sweet
- 10 A leafy green vegetable
- 11 True or False - a tomato is a fruit, not a veggie.
- 12 Three ____ in a pod

DOWN

- 1 What fruit is named for its color?
- 3 At least ____ servings of fruits and veggies
should be eaten each day.
- 5 This veggie is packed with vitamin A and good
for your eyes.
- 7 What do you remove before eating a banana?
- 8 A purple root vegetable similar to a carrot
or turnip
- 9 Zucchini and butternut are types of _____



Look for the **veggie of the month** in-store, too. Pick up **kid-tested and kid-approved recipes!**
visit hannaford.com/eathealthy for more kid-friendly veggie recipes

ACROSS 1. Orange 3. Five 5. Corn 6. Pepper 10. Lettuce 11. True 12. Peas
DOWN 2. Green 4. Berry 5. Beet 7. Peel 8. Squash 9. Zucchini

Eat at least five fruits and vegetables a day.

5

Food for thought

What is a serving?

Adults

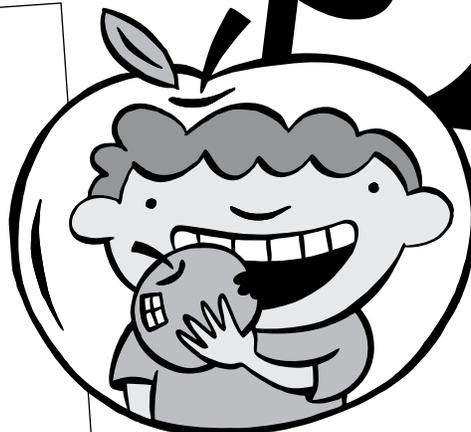
- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Kids

- Size of the palm of their hand

Choose with the seasons

- Buy fruits and veggies that are in season
- Don't forget that frozen fruits and veggies are always available and are a healthy choice; choose those without any added sugars, salt or fat.



Did you know?

- A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.
- Family mealtime:
 - Do not underestimate the importance of family mealtime: take 10-15 minutes to sit down together.
 - Get your family involved with meal planning and preparation.

Redy's Rules

Try it!

- Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low fat yogurt.

Mix it!

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.

Slice it!

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.



Be a Role Model.

- Snack on fruits and veggies.
- Have the family help plan & prepare meals.

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LET'S GO!

www.letsgo.org