

MORE Fruit & Veggies MATTER

Guide to Good T.A.S.T.E. . . . for KIDS!

HEY, KIDS! Fruit and veggies are good for you because they are loaded with important things you need to grow. But sometimes it's hard to eat enough of them, especially with all the other food choices out there. So what's a kid to do?

It's easy! Just remember that fruit and veggies have great **T.A.S.T.E.**

Try something new!

It's fun to try new things! Help your mom, dad, or caregiver pick out a new fruit or veggie at the store. Or think of new ways to eat your favorites.

All kinds matter!

Fresh, frozen, canned, dried, and 100% juice all matter. Next time at the store, count how many forms your favorite fruit and veggies come in. You might see they come in all 5 forms!

Snack healthy!

Fruit and veggies make tasty, healthy snacks. So be sure to pack your favorite fruit and veggie for snacks at school, practices, and for field trips.

Take charge!

Choose fruit and veggies throughout your day! Try a side salad or fruit at lunchtime instead of fries. Be sure to ask for them at meals and snacks.

Energize Your Body!

Fruit and veggies give you energy for your day. What do you need your energy for?

T.A.S.T.E. is an easy way to remember that getting more fruit and veggies matters.

MOMS, DADS, & CAREGIVERS! Growing kids need to eat a colorful variety of fruit and veggies to get the broadest range of nutrients. Colorful fruit and veggies are dietary sources of important nutrients such as fiber, folate, potassium, vitamin A, vitamin C, and magnesium.

Getting kids to eat more fruit and veggies is easy—if you think like a kid! Include the kids in meal planning, shopping, and cooking. Kids love to help choose the foods they will eat—why not make it a healthy choice? Encourage them to select fruit and veggies they like, as well as something new.

- In the store, play an “eye-spy” game to see who can pick out the most fruit and veggies.
- At home, get creative! Make your own fruit kabobs or individual veggie pizzas.
- At school, kids may be more likely to eat fruit and veggies if they have helped to pick them out or they are served with a fun, low-calorie dip.

Don't forget the most important rule—set a good example! Parents and caregivers who eat more fruit and veggies are more likely to have kids that eat more fruit and veggies!



A Healthy YOU!

Take charge of what you eat—choose fruit and veggies!



Eat different colors of fruit and veggies. They provide cool fuel for your body!



Eat healthy foods and keep your body moving and active!



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ALL FORMS Matter!

It's no secret—all forms of fruit and veggies are good for you. Break the code below to discover the different ways to enjoy fruit and veggies.

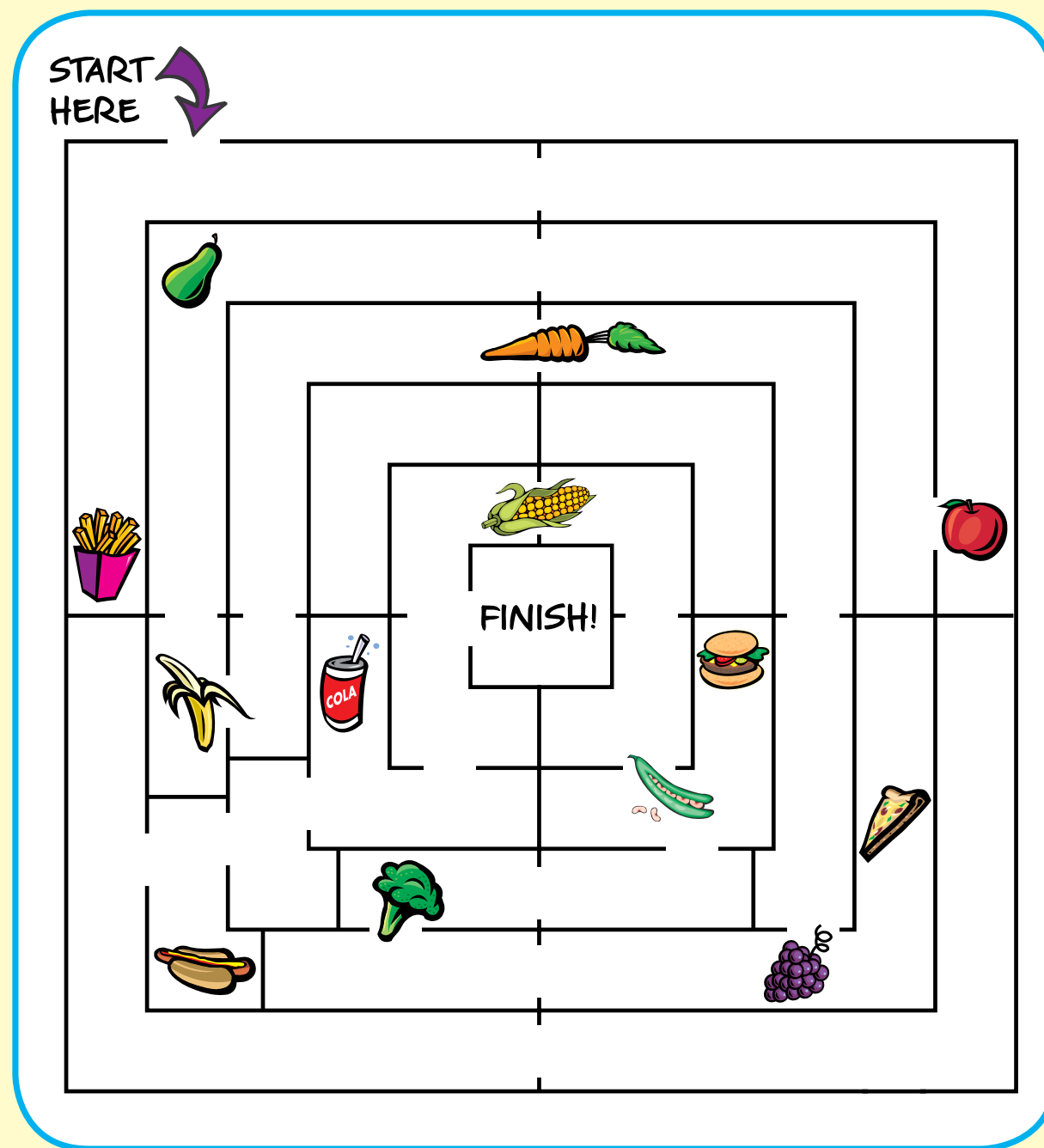
6 18 5 19 8 6 18 21 9 20
 1 14 4 22 5 7 7 9 5 19
 6 18 15 26 5 14 2 18 15 3 3 15 12 9
 3 1 14 14 5 4 2 5 1 14 19
 4 18 9 5 4 1 16 18 9 3 15 20 19
 1 16 16 12 5 10 21 9 3 5

KEY:

A-1	H-8	O-15	V-22
B-2	I-9	P-16	W-23
C-3	J-10	Q-17	X-24
D-4	K-11	R-18	Y-25
E-5	L-12	S-19	Z-26
F-6	M-13	T-20	
G-7	N-14	U-21	

snack healthy Maze

Find your way to the finish line by following the trail of fruit and veggies.



ENERGIZE! WORD SEARCH

Fruit and veggies give you energy for your day. Find all of the activities that will give you energy from eating fruit and veggies!

PLAY WIN FUN JUMP RUN SWIM
 SKATE KICK THROW DANCE WALK BIKE

D	G	T	H	R	O	W	B	F	H
F	R	U	B	A	G	I	O	A	C
A	U	E	I	W	N	W	I	N	O
J	N	V	F	T	E	U	C	S	D
S	W	I	M	R	T	K	I	Z	A
K	F	C	J	U	M	P	A	D	N
I	B	I	K	E	A	U	C	F	C
C	V	S	K	A	T	E	A	U	E
K	P	L	A	Y	H	I	F	N	E
B	J	K	Y	W	A	L	K	E	M

