



**HERE**

For Healthy Schools

# EAT WELL AND BE HEALTHY

RESOURCES FOR TEACHING AT HOME

## A Big Bowl of Healthy

As fresh foods are coming into season across the country, make a delicious salad with your child using a wide array of colorful fruits and vegetables. As you enjoy it together, talk about the healthy benefits of vegetables, and why it's important to have at least five servings a day of fruits and veggies.

Use as many locally grown fruits and vegetables as you can find to make your salad. It might be fun to start growing a vegetable garden together and let your child help choose the things that look most delicious to him or her. A chopped salad from the grocery store can work too.

**For instance, fresh fruits and vegetables:**

For extra fun, have your salad outside in the sunshine.

- Are filled with healthy vitamins and minerals that help you grow
- Have many powerful antioxidant and “phytochemicals” (the chemicals that give them their bright colors) that fight disease
- Include lots of fiber that is good for digestion
- Give you a continuous, even flow of energy (unlike candy bars, which give you a lot of energy fast and then leave you sleepy)
- Are low in fat and cholesterol
- Are beautiful and delicious

Turn the recommended daily serving of fruits and vegetables into a mix of great taste and healthy lessons!



**HEALTHY** *Habits*<sup>®</sup>

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