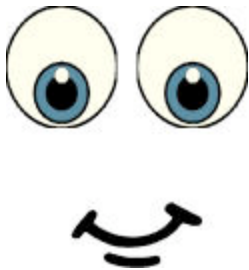


Name _____

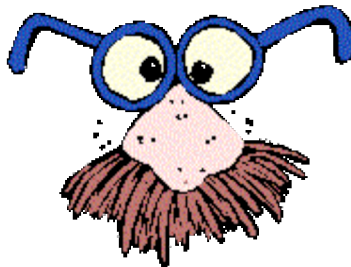
5 A Day Take Home Activity

Please help your child work on this fun coloring activity and have them return it to their teacher to be entered into this weeks raffle to win a fun 5 A Day prize.

Help your child make the picture complete by drawing a fruit or vegetable body around the face. Make sure that you make it colorful!



Carrots contain a great amount of **vitamin A**, which is great for keeping your eyes healthy. *Cantaloupe, mango, apricots, pumpkins, sweet potatoes, butternut squash, spinach and broccoli* all are great sources of vitamin A!



Questions for parents:

When do you normally serve fruits during the day?

- A. Breakfast
- B. Lunch
- C. Dinner
- D. Snack

When do you normally serve vegetables during the day?

- A. Breakfast
- B. Lunch
- C. Dinner
- D. Snack

*Circle all that apply

