Dear Family,

This week your child learned how eating colorful fruits and being active keeps us energized.

Family Tips

**Make half your plate fruits and vegetables.** They take their lead from you. Enjoy a colorful fruit salad with your child.

**Develop balance.** Balance on one foot with your child. Can you and your child hop like a kangaroo?

Fun Activities

Try this fun activity with a child-friendly fruit or vegetable:

**Make a colorful kabob:**
- Cut fruit into small bite-size pieces. Try melons, bananas, apples, oranges, or pears.
- Children can put fruit on a popsicle stick, chop stick, or coffee stirrer to make a fun fruit kabob.
- For a veggie version try vegetables like zucchini, cucumber, sweet peppers, or tomatoes.

Create a balance beam.
- Lay out a long piece of string or tape in a straight line.
- Have your child walk the beam, heel to toe.
- Have them hold out their arms for balance. You can support your child by holding their hand.