

Page 1 can be done with parent/ guardian.

Warm Up

- Jog in place for 30 seconds
- 10 lunges
- 10 push ups

Activity: Freeze Dance (5 minutes)

- Play your favorite music and dance. When the music stops, you must freeze.
- Other ways to play.
 - Whomever keeps dancing after the music stops is out. The last person 'in' wins.
 - Call out a fruit when the music stops and form that shape with your body.

Nutrition

- Most vegetables need to be cooked before eating, but some do not. You have probably had French fries, which are made from fried potatoes. Did you know that you can cook potatoes in other, healthier ways too?
 - Vegetables come in many different colors. Some of the healthiest vegetables are the ones with the most color.
 - What are some dark green vegetables we can think of? (Spinach; broccoli; kale; collard greens)
 - What are some red veggies we can think of? (red peppers; chili peppers; radish)
 - What are some orange and yellow veggies we can think of? (squash; orange/yellow peppers; pumpkin; sweet potatoes; carrots)
 - What are some blue/purple veggies we can think of? (eggplants; cabbage; onions; beets)
 - What are some different ways to cook veggies? (roast; grill; steam)

Verduras

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

CALABAZA

APIO

ESPINACA

LECHUGA

TOMATE

ZANAHORIA

Nutrients

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

MINERALS

VITAMINS

FIBER

POTASSIUM

SODIUM

CALCIUM

ZINC

IRON

Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Why is it important to eat your vegetables?

2. Count how many vegetables you can eat in one day.

- Stretch #1: Reach down and touch your toes without bending your legs. Count to 10.
- Stretch #2: Reach arms forward and stretch your back. Count to 10.