Page 1 can be done with parent/guardian.

Warm Up

- March in place for 30 seconds
- Do 10 jumping jacks
- Do 10 front kicks on each leg
- Do 10 arm circles with each arm

Activity:

- Pear Monday, banana Tuesday, mango Wednesday, Thursday, Friday, Saturday, hurry please, one more day, it’s gonna be, watermelon Sunday, watermelon Sunday, I’ve been eating good all week, fruits taste so sweet, watermelon Sunday, watermelon Sunday, I’ve been eating good all week, fruits taste so sweet!
- Pera lunes, plátano martes, mango miércoles, jueves, viernes, sabado, hurry please, one more day, it’s gonna be, sandía domingo, sandía domingo, I’ve been eating good all week, fruits taste so sweet, sandía domingo, sandía domingo, I’ve been eating good all week, fruits taste so sweet!
  - Do a JUMPING JACK every time you hear the name of a fruit.
  - Do a SQUAT every time you hear a day of the week.
  - DANCE during the chorus (“hurry please, one more day... I’ve been eating good all week, fruits taste so sweet...”)

Nutrition

- Fruits and veggies are great snacks. Snacking throughout the day makes getting our daily servings of fruits and veggies easier. (3–5 cups)
- Many fruits and veggies are crunchy, juicy, sweet or tart.
- Crunchy – Apples, bell pepper, broccoli, cabbage, carrots, celery, cucumber, jicama, radishes, snap peas
- Juicy – Grapefruit, melons, oranges, peaches, pears, tomatoes
- Sweet – Bananas, grapes, strawberries, blackberries, melons
- Tart – Cherries, blueberries, pomegranates, raspberries
Dairy and Grain

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

BREAD       CHEESE       MILK

PASTA       RICE         YOGURT

This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. To receive assistance purchasing healthy foods, sign up for SNAP benefits at: yourtexasbenefits.com.
Get to the Grain!

Circle the food that is **not** a grain.

![Maze with options: apple, chips, bread]
Reflection/Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. What is your favorite healthy snack?

2. What healthy snack have you had this week?

- Stretch #1: Bring your right arm over to your left and stretch your right arm. Count to 10. Repeat with your left arm.
- Stretch #2: Reach both arms forward and hold. Count to 10.