



Rabbit (Chokfi') Hunt








Try this rabbit hunt at home to help your children learn to eat many colors of fruits and vegetables. Each color is important and has gifts from earth that help the whole body stay strong and healthy.

Search your cabinets, fridge, sale ads or pantry to find as many colors as you can. Look for fresh, canned and frozen options. Write down the fruits and veggies that your family would like to eat.

For each one you list, add an action that starts with the same letter. Try one or two of the actions you came up with 10 times each day.

Remember to fill your plate full of color and move your body to stay healthy and strong and help prevent diabetes!

Chokfi'
is Chickasaw for rabbit

BODY CONNECTION	FRUITS	VEGGIES
 <p>Some RED fruits and veggies help your heart stay strong.</p>		<p>EXAMPLE: tomatoes - toe touch (Touch your toes 10 times.)</p>
 <p>Some YELLOW/ORANGE fruits and veggies help your eyes see.</p>	<p>EXAMPLE: cantaloupe - curls (Do 10 arm curls holding a can of fruit or veggies.)</p>	
 <p>Some WHITE/BROWN fruits and veggies help your white blood cells fight sickness.</p>		
 <p>Some GREEN fruits and veggies help your bones and teeth stay strong.</p>		
 <p>Some BLUE/PURPLE fruits and veggies help you remember.</p>		

Together we can prevent diabetes!

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