

Together we can prevent diabetes!

NESTWORK



Eagle Adventure, Lesson 3

This week we learned that it is important to eat many different colors of fruits and vegetables to stay healthy and strong. We can keep our bodies healthy by moving and playing and eating colorful fruits and vegetables every day.

Ask an adult in your home to help you do this page. Think of fruits and vegetables that you could eat of each color and write them down or draw pictures of them in the chart. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

	FRUIT	VEGETABLE
RED		
ORANGE/ YELLOW		
BROWN/ WHITE		
GREEN		
PURPLE/ BLUE		

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____

