

# Eat Well

# Move More

Pick a card to choose your next snack or meal.

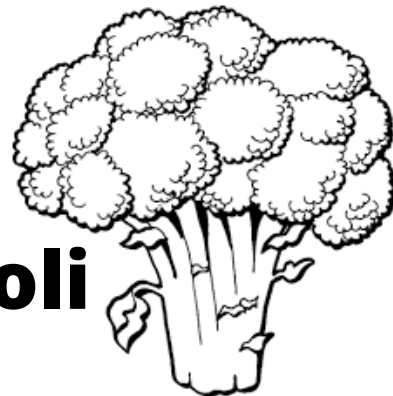
Try new ideas with a friend or your family

Cut these out to make yourself a deck of good health ideas.

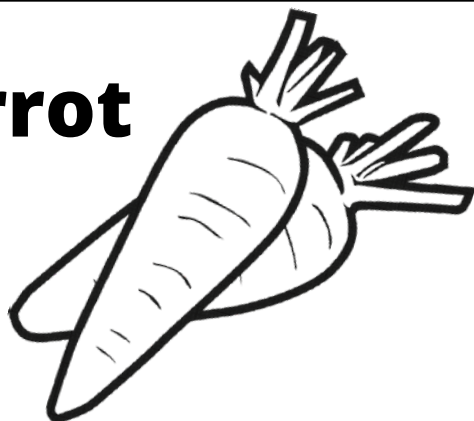
## Potato



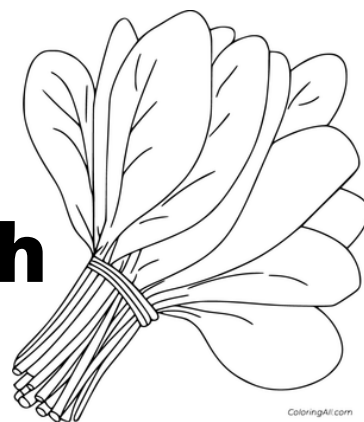
## Broccoli



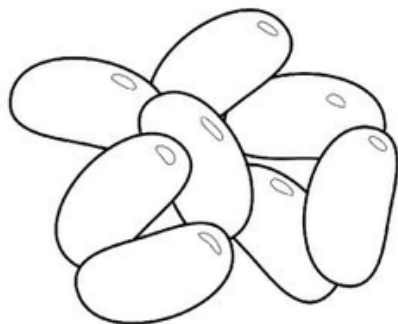
## Carrot



## Spinach



## Black Beans



## Peas



# Trying adding leafy greens (like spinach or kale) to smoothies or pasta sauce for extra servings of vegetables.

For more information: [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you)

## Broccoli

Guess which US state grows the most broccoli?

*(Answer: California)*

## Potato

There are lots of ways to eat them - mashed, baked, or grilled. What is your favorite way to eat potatoes?

## Spinach

Spinach has lots of vitamins which can help you stay healthy. Add spinach to smoothies or pasta sauce for extra flavor and veggies.

## Carrot

Do you know that carrots come in different colors, like purple, red, yellow, and orange? What color of carrot do you want to eat?

## Peas

Peas can be cooked many ways. Have you tried them with a healthy dip?

## Black Beans

Beans are a great source of protein which help your muscles grow. Add them to soups, salads, or eat them plain.

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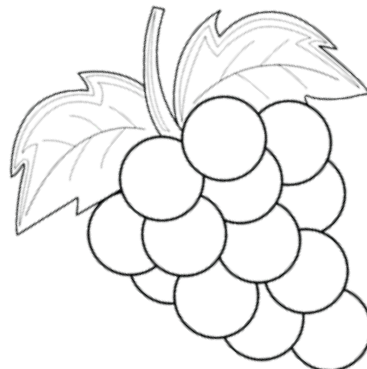
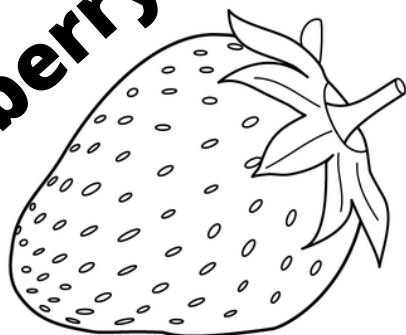
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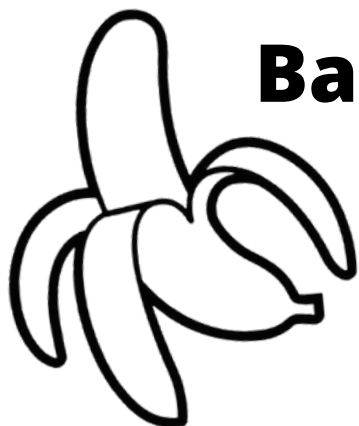
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## Strawberry

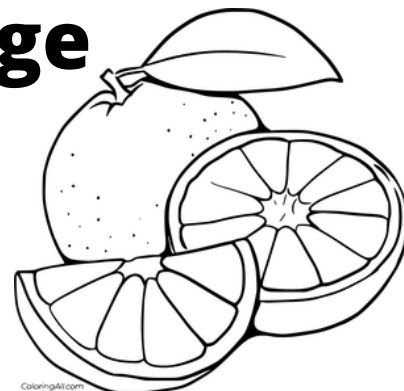


## Grapes

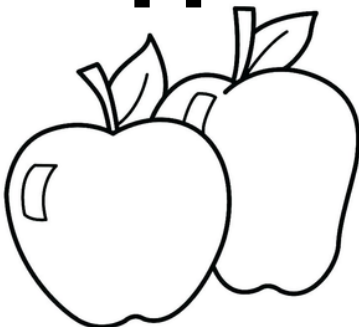


## Banana

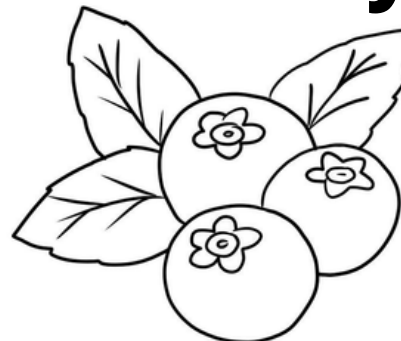
## Orange



## Apple



## Blueberry



✦✦ It can take time to like new fruits and vegetables. If your child doesn't like it the first time, try again in a week or two!

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## Grapes

Put grapes in the freezer for a cold snack on a hot day.

What is your favorite color of grape to eat?

## Strawberry

There are about 200 seeds on on every strawberry.

How many seeds can you count?

## Orange

Oranges are a good source of vitamin C which can help fight colds.

## Banana

Try freezing slices of bananas for a quick, sweet bite or adding me to a fruit smoothie.

## Blueberry

Put blueberries in the freezer for a cold snack on a hot day.

What is your favorite way to eat blueberries?

## Apple

Apples are a great crunchy snack. They are great plain or dipped in peanut butter.  
Did you eat an apple today?

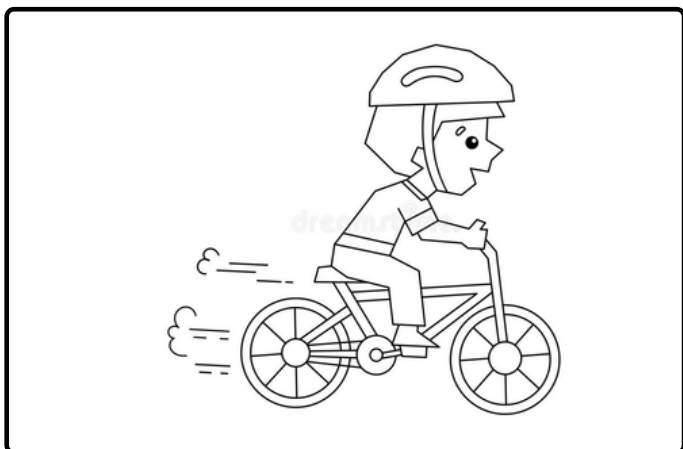
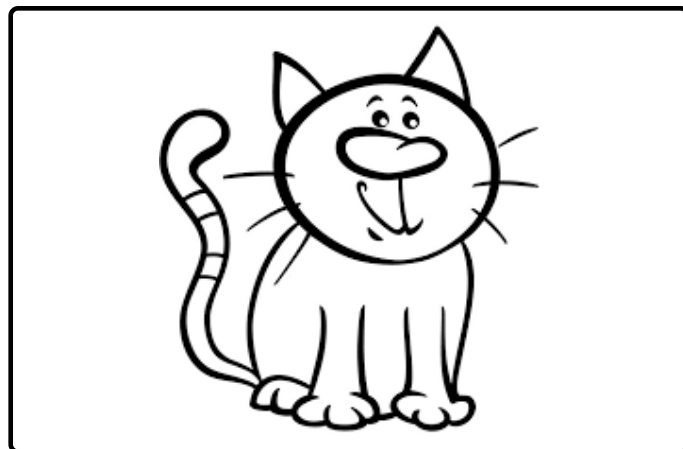
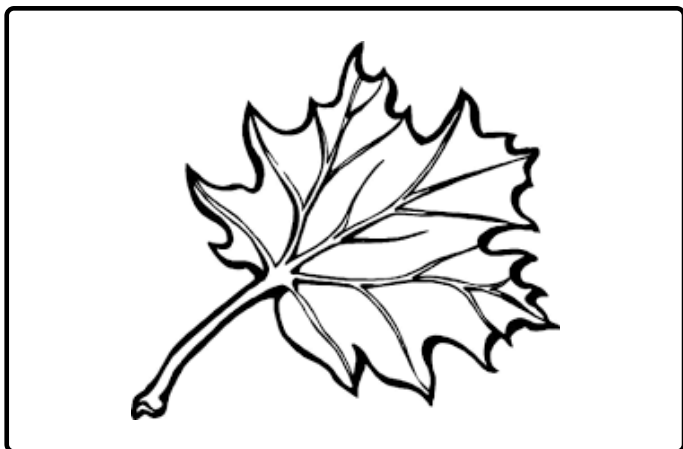
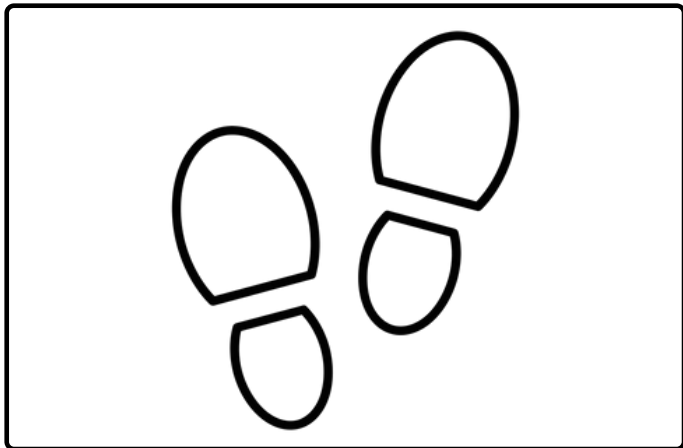
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# Try using playtime as a reward, such as ✨ going to the park or on a bike ride. ✨

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## Dance Party!

Put on music and have a dance party with family and friends. Have fun!!

## Count your steps

How many steps can you take in one day?

Who in your family can get the most steps?

## Let's Walk!

Take a walk with a friend in your neighborhood and count how many cats you see.

Who counted the most cats?

## Let's Walk!

Take a walk and count how many different leaves you see. Collect leaves with different colors and shapes.

## Jump

How many jumping jacks can you do?

Try to add a few more jumping jacks every week.

## Let's Bike!

Where is your favorite place to ride a bike?

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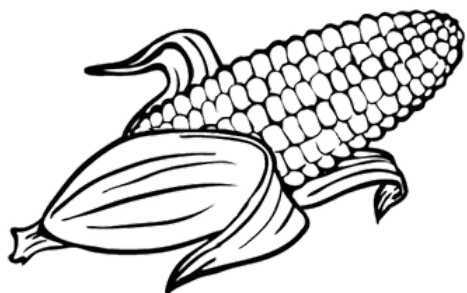
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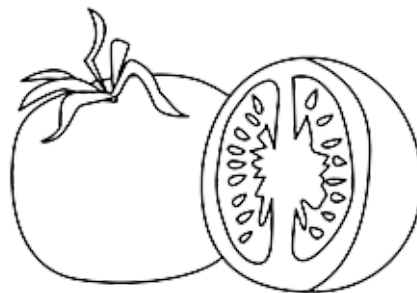
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## Corn



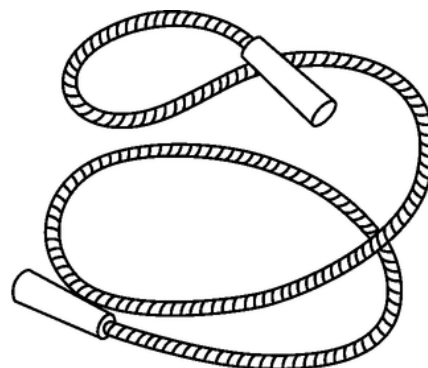
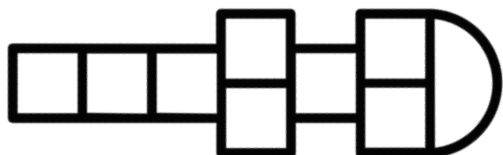
## Tomato



## Peach



## Raspberry



**Long, slow breaths can help calm our thoughts and minds. Sit down, close your eyes and take 5 deep breath from the bottom of your belly to help relax.**

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## **Tomato**

Tomatoes are great plain or in a salad or sandwich.

What is your favorite way to eat a tomato?

## **Corn**

There are about 800 kernels and 16 rows on every ear of corn.

How long would it take you to count all the kernels and rows?

## **Raspberry**

Raspberries grow on bushes and are easy to pick.

How many raspberries can fit in your hand?

## **Peach**

Peaches are also called stone fruit because their seed is a pit. Have you tried slicing and freezing them for a cool snack on a hot day?

## **Jump**

How many jumps can you do without stopping?

Try to do a more tomorrow.

## **Hop, Hop**

How many hops are in your hopscotch?

Practice your hopscotch with one foot then with two feet.