

Fun Ways to Eat Fruits and Vegetables!

Eat them raw! Cut fresh vegetables and fruits into fun shapes and serve with a dip!

Eat them when you are hungriest! Make a special platter with cup up fruits and vegetable and eat after school or while waiting for dinner.

Add them! Whenever you can, top off sandwiches and pizza with vegetables and fruits.

Pack Them! Make Vegetables or Fruit Grab Bags -- small bags with cut up fruits or vegetable and keep in the fridge, ready to grab and take on the go.

Blend them! Make smoothies with yogurt, juice and any ripe fruits. Make a “green” drink by adding green leafy vegetables.

Eat them in season! Celebrate the season by eating locally grown fruits and vegetables. They are fresher, cheaper, and more nutritious and more delicious!

Make a fun family ritual with them! Every week select a new fruit or vegetable to try. Remember it takes 15 tries before a person comes to like a new food. So, if you don't like it the first time, try, try, try again!

Adapted from: *FoodPlay.com*

Fruit and Vegetable 5-a-Day Tracker Bands

Directions:

1. Each morning, put 5 bands on your left wrist.
2. Every time you eat a fruit or vegetable, move a band to your right wrist.
3. Throughout the day, let your bands remind you to go for fruits and vegetables every chance you get.
4. At the end of the day, see how well you did!
5. Keep track of your progress on the Fruit and Vegetable tracker log on the other side.



***It is fun. It is easy.
It Works!***

Warning: Choking Hazard -
Not for children under age 3.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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How did you do?

Fruit and Vegetable Tracker Log

(Log the # of fruits and vegetables you ate each day)

	M	T	W	Th	F	Sa	Su
Week 1							
Week 2							
Week 3							
Week 4							