

Eat a Rainbow!

Ingredients:

- Any colorful fruits or vegetables of your choice

Directions:

Make a rainbow on your plate with your choice of fruits or vegetables. Remember to fill your plate only with the amount that you will eat; do not waste food. Are you able to eat all the colors? Which was your favorite?



Pump it Up: Hold your body in plank position (pushup position) for 30 seconds, remember to keep your abs tight and your back as flat as possible. Work your way up to 60 seconds!



Food for Thought: Take a 5 day challenge! Try to eat at least 2 fruits and 3 vegetables every day!

Tasty Thoughts: _____

