



Unit 2 Fruits and Vegetables Parent Extension

Hi, this is Shanita with the Montgomery County Office of Public Health.

Welcome to Unit 2! Unit 2 of our 123 a Healthy Me program focuses on eating fruits and vegetables to grow healthy and strong. Both kids and adults should aim for five servings of fruits and vegetables a day.

Fruits and vegetables are filling, healthy, and taste good, too. Different color groups help different parts of body. In our children's lesson we showed the kids different fruits and vegetables and what the colors are good for.

As you can see on this poster, red fruits and vegetables are good for our hearts...

Orange fruits and vegetables strengthen our eyes...

Yellow is good for our skin...

Green fruits and vegetables help us to have strong teeth and bones...

Blue and purple fruits and vegetables are good for our brain.

We created a family-friendly list of different ways that you can incorporate different fruits and vegetables into your diet. Try it out this month and discover what works for you!

This list will be provided so that you can print out a copy or make notes of ideas you want to try.

A great way to increase your intake of fruits and vegetables is by starting your day off with them. You know what? Instead of just telling you, how about I show you?



Ingredients: Oatmeal, Banana, and blueberries

Add ½ cup of oatmeal and 1 cup of water...Heat for 1 minute...Slice ½ banana...

Add banana slices and ½ cup of blueberries

Just like that I took a boring bowl of oatmeal and I jazzed it up with some fruit to add in sweetness as well as an added boost of nutrition.

You can also add in frozen berries or no sugar added applesauce.

These are simple oatmeal recipes that both you and the kids can enjoy.

For more ideas on how you can incorporate more fruits and vegetables into your diet, see the link

Don't forget to add in fruits and vegetables of all different colors.

Always remember-Be healthy, have fun, and stay safe!