



Fruits and Veggies!

Did you know that June is “National Fruits and Vegetables Month”? What a great time to try some new healthy foods. Divide a piece of paper up into 9 squares like a tic-tac-toe board. Help your child cut or tear pictures of different fruits and vegetables out of magazines or old books and glue each picture in a different square. Take your child to shop for these foods at the store and each time they try one, they get to draw an X over the picture. When they cross out 3 foods in a row, let them choose an after-dinner dessert. Once all 9 foods are crossed out, help your child make a new board with some of their favorite fruits and vegetables and a few new ones as well!



