

Try something new with FRUITS & VEGETABLES WORKSHEET

This worksheet is about fruits and vegetables. Please complete both sides of the worksheet. If you have any questions at any time, please ask!

healthy habits every day

ACTIVITY: 1

WHAT'S MISSING IN YOUR FAMILY'S MEALS?

DIRECTIONS: Check (✓) all of the fruits and vegetables that you and your family *rarely or never eat*.



Fruits

- Apricot
- Asian Pear
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapes
- Honeydew
- Kiwi
- Mango
- Nectarines
- Papaya
- Peaches
- Pineapple
- Plantains
- Raspberries
- Watermelon

Which **fruit**, that you checked, would you like to know more about?

Vegetables

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Chayote
- Collard greens
- Cucumber
- Eggplant
- Jicama
- Kale
- Leeks
- Lettuce (all types except iceberg)
- Mustard greens
- Nopales
- Okra
- Opo
- Pumpkin
- Red Cabbage
- Spinach
- Squash
- Sweet Potatoes
- Swiss chard
- Turnip greens
- Zucchini

Which **vegetable**, that you checked, would you like to know more about?

ACTIVITY:2

WHY EAT MORE?

DIRECTIONS: Check (✓) each statement about fruits and vegetables that is important to you.

- naturally low in calories and mostly fat free
- help you get to a healthy weight
- help reduce the risk of many cancers
- provide many vitamins and minerals
- great source of fiber

ACTIVITY:3

MORE IS EASY!

Include at least one fruit or vegetable at each meal and snack.

DIRECTIONS: Using the One Day Sample Menu, add a fruit or vegetable to each meal and snack. **Hint:** To get some fruit and vegetable ideas, look at what you checked in Activity 1.



One Day Sample Menu

Breakfast

Cereal
Milk

Morning Snack

Whole wheat crackers

Lunch

Tuna salad sandwich

Afternoon Snack

String cheese

Dinner

Baked chicken
Brown rice
1% lowfat milk

Evening Snack

Yogurt

Check (✓) which of the following you would like.

- Recipes
- Tips on fruit and vegetable selection and storage
- Ideas for eating more fruits and vegetables

Submit your completed form by selecting your clinic below:



THANK YOU FOR PARTICIPATING IN THIS ACTIVITY!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
IC# 940177 (05/10) 