Be Awesome

Eat your fruits and veggies!

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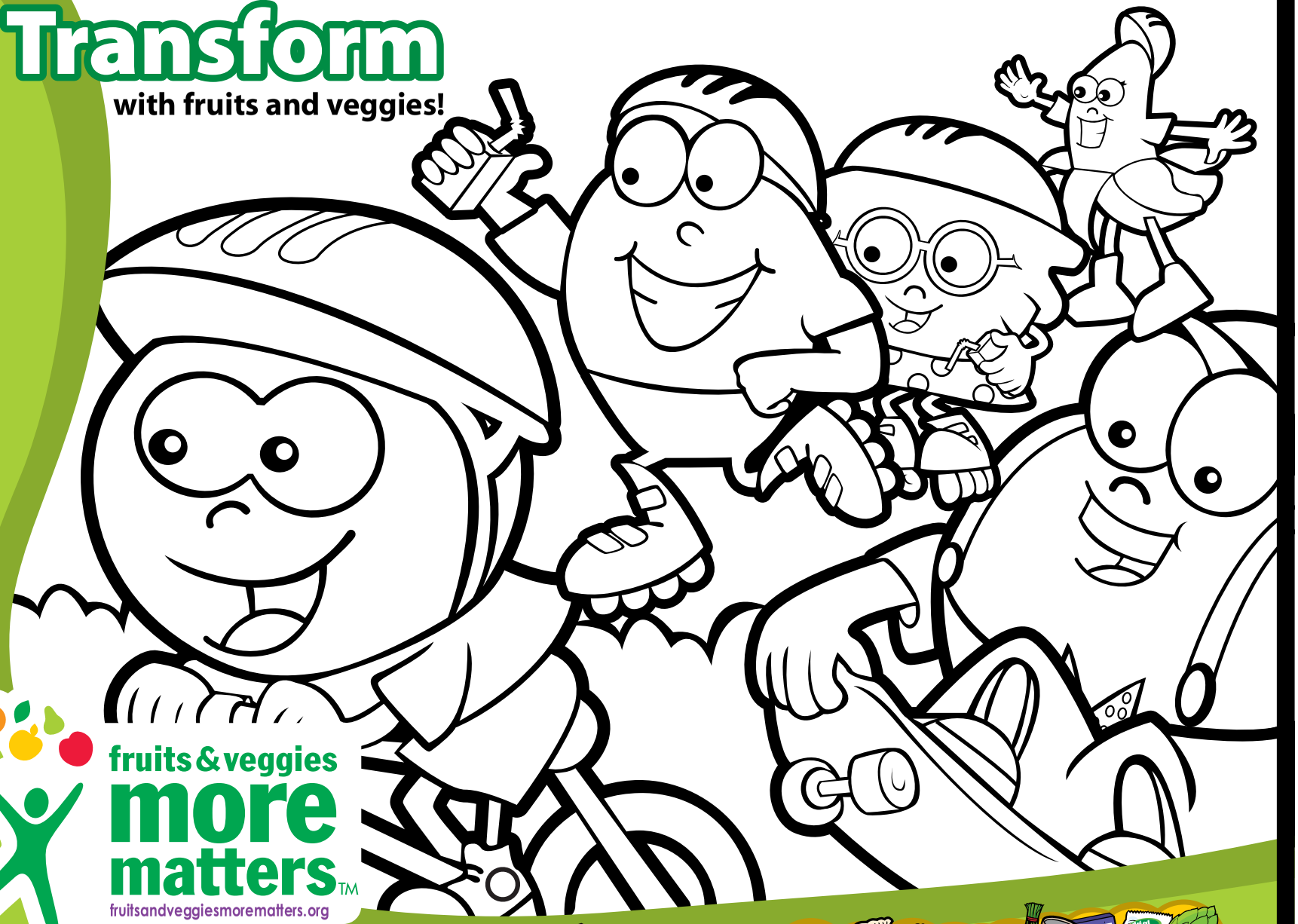
Transform

with fruits and veggies!



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1 Fruit & Veggie Eater Meter!

Are you ready to become one of the **Fruit & Veggie Color Champions**™ like Yaz O'Frazz, Raoul, Big Pauly, Greta and Winonna? By trying new **fruits & veggies,** and eating the recommended amounts, you can earn certificates and rewards.

First, let's find out how you did last week.

In the boxes below, write the number of times you ate each fruit or veggie last week. Then write your grand total in the circle below. Remember the pictures of the **fruits & veggies** are just representations and **all forms count:**

fresh, frozen, canned, dried and 100% juice!

fruits

grapefruit ☐ | strawberry ☐ | mango ☐ | kiwifruit ☐ | green grapes ☐ | apple ☐ | pineapple ☐ | orange ☐ | cranberries ☐

peaches ☐ | bananas ☐ | watermelon ☐ | plums ☐ | avocado ☐ | blackberries ☐ | pear ☐ | blueberries ☐

draw it here! ☐ other fruit

veggies

tomato ☐ | corn ☐ | leafy greens & spinach ☐ | beets ☐ | broccoli ☐ | onions ☐ | peppers ☐ | peas ☐ | asparagus ☐

potatoes ☐ | carrots ☐ | lettuce ☐ | artichoke ☐ | mushrooms ☐ | cabagge ☐ | cauliflower ☐ | zucchini ☐ | winter squash ☐

draw it here! ☐ other veggie

Grand Total! ☐ **Number of times I tried fruits & veggies last week.**

How many more would I like to try next week? ☐

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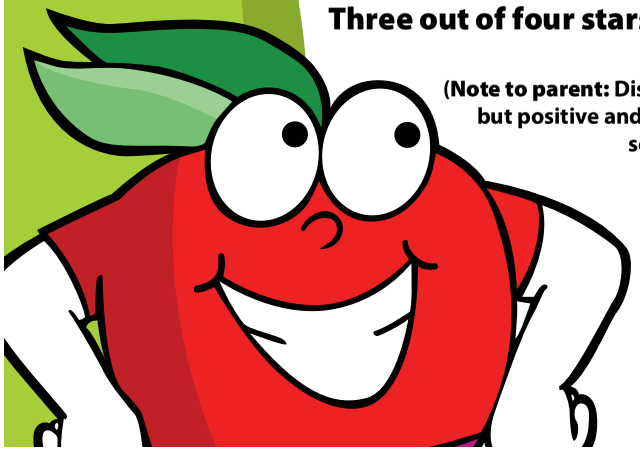
2 Fruit & Veggie tracker!

Have your Mom or Dad help you count the number of cups of **fruits & veggies**, in any form: **fresh, frozen, canned, dried or 100% juice** that you eat each day. At the end of each week total them up. Each time you increase your weekly eating total of **fruits & veggies** by one or more, you can color a star below.

	s	m	t	w	th	f	s	
week 1	daily total	daily total	daily total	daily total	daily total	daily total	daily total	weekly total
week 2	daily total	daily total	daily total	daily total	daily total	daily total	daily total	weekly total
week 3	daily total	daily total	daily total	daily total	daily total	daily total	daily total	weekly total
week 4	daily total	daily total	daily total	daily total	daily total	daily total	daily total	weekly total

Kids Age	Cup Recommendation
2-3	2-3 cups/day
4-13	3-5 cups/day



Three out of four stars will earn you a Fruit &Veggie Color Champions™ Certificate and a reward from Mom or Dad!

(Note to parent: Discuss a suitable reward with your child. It should be something simple, but positive and inspiring. Write the reward on the certificate [page 4] for your child to see, but don't sign it or give it to them until the challenge is completed.)

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3 Weekly shopping planner!

Which **fruits & veggies** are your favorites? Did you know you can have them frozen, canned, dried and as 100% juice as well as fresh? Help your Mom check off the **fruits & veggies** you'd like to eat this week.

Try something new to make sure you become one of the Fruit & Veggie Color Champions™!

fruits

- grapefruit
- strawberry
- mango
- kiwifruit
- green grapes
- apple
- pineapple
- orange
- cranberries
- peaches
- bananas
- watermelon
- plums
- avocado
- blackberries
- pear
- blueberries

draw it here!

other fruit

veggies

- tomato
- corn
- leafy greens & spinach
- beets
- broccoli
- onions
- peppers
- peas
- asparagus
- potatoes
- carrots
- lettuce
- artichoke
- mushrooms
- cabagge
- cauliflower
- zucchini
- winter squash

draw it here!

other veggie

Fruits & veggies in all forms count: fresh, frozen, canned, dried or 100% juice!

mom's shopping list

Want to try something you don't see? Add it to Mom's list as well!

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Supermarket Scavenger Hunt

The Fruit & Veggie Color Champions™ Supermarket Scavenger Hunt is the perfect way to make shopping for fruits and veggies fun for the whole family. Not only does the Scavenger Hunt familiarize children with the different product forms fruits and veggies come in, but also familiarizes them with the supermarkets you shop in and how each store is organized by product type. Taking their Scavenger Hunt "cards" with them when you go shopping engages your children and keeps them entertained and occupied while shopping. Also, by creating your own Scavenger Hunt cards, you can get them involved in helping you shop for the items you want to buy for that week's meals.

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Fruit & Veggie Color Champions™

Supermarket Scavenger Hunt

Instructions

1. **Print out each Scavenger Hunt page.** (Suggestion: Purchase a slightly thicker paper from an office/stationery supply store to give the cards a bit more strength. Make sure the paper works with your printer.)

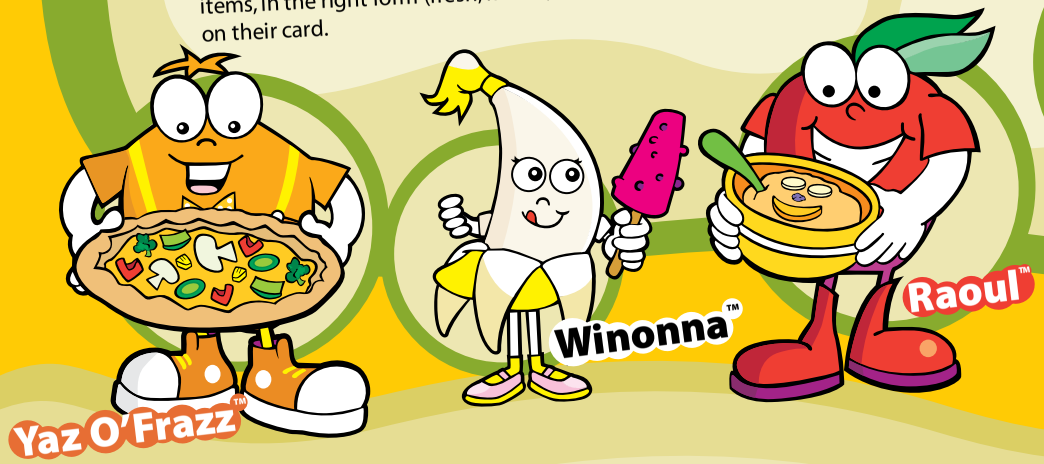
2. **Cut out the Scavenger Hunt cards along the guides indicated.**

3. **Scavenger Hunt Play:** Each card has five items pictured on it. The items pictured include fruits and veggies in different forms: fresh, frozen, canned, dried and 100% juice. Have each child pick a card when you go shopping. Tell them their Fruit & Veggie Color Champions™ Scavenger Hunt challenge is to "spy" each of the items on their card as you make your way through the store (up and down the aisles). Your child "wins" the Scavenger Hunt by spying all five items, in the right form (fresh, frozen, canned, dried and 100% juice), on their card.

4. **Make your own Scavenger Hunt cards:** One of the sheets has blank spaces on the cards. Print out this sheet and either draw or print in five items you will be shopping for that day. Perhaps these could be items from the challenge that your child has indicated they want to eat that week. Give the card to your child and they will help you shop by "spying" all the items on the card as you make your way through the store.

NOTE:

The first time that your children use these cards they may need a little help "spying" the different products. As they get used to where these items are commonly located, however, they will soon be leading you around the store to find them! The Scavenger Hunt is a simple way of making the trip to the supermarket a little more exciting, but it is also an opportunity to have your children observe and learn about fruits and veggies and how to shop for them. Use the Scavenger Hunt Questions page to further engage your children in learning about shopping for fruits and veggies.



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Supermarket Scavenger Hunt Questions

Beginner

Take your Mom to the fresh produce aisle and help her find the items on her shopping list.

How many kinds of dried fruit can you find in your store?

How many different colors of fruits and veggies did you get today?

Ask your Mom how she chooses fresh produce.

Intermediate

How many different frozen veggies are in the freezer section?

Find the fruits and veggies that are on sale today.

How many purple fruits or veggies can you find in your store?

Which canned fruits or veggies are also found in the fresh produce section today?

How many different places are juices kept in your store?

How many different colors of dried fruit can you find in your store?

Advanced

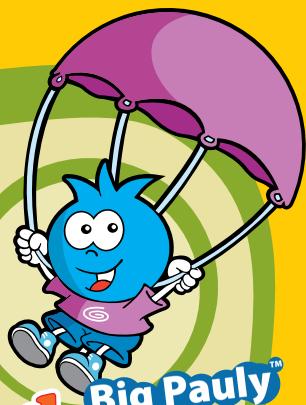
How many different kinds of frozen corn are in the store freezer section?

Which container of 100% orange juice is the cheapest?

Guess how many apples will make 1 pound. Weigh your bag of apples to check your estimate.

Can you find a fruit or veggie in the canned food section that you have never tried?

Greta™



Big Pauly™

Yaz O'Frazz™

Winonna™

Raoul™

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