Get your 5-a-day

name:__________________

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Hollywood Hill PTA http://hhillpta.org
What Counts as a Serving of Fruit?
In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit

What Counts as a Serving of Vegetables?
In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens

Kids need at least 60 minutes of physical activity each day!

Make family time active time!
Take a family walk after dinner.
Go on a bike ride.
Play together — toss a ball, shoot some hoops, jump rope, play tag.
Weed the garden, rake leaves, shovel snow.
Walk to school with your kids.
Play on a playground or hike at a local park.

Fun ways to get moving indoors...
Play some music and have a family dance party.
Blow up balloons and play indoor volleyball.
Go bowling or indoor skating.
Have a treasure hunt. See how fast everyone can find clues scattered around your home.
Go for a walk at the mall.

Source: USDA www.choosemyplate.gov