

Celebrate Your Plate Kids' Activity Fun with Fruit!

Move: Fruit Yoga

Stretch your body by turning into fruit! Call out different types of fruits and move your body into a shape that mimics the shape of the fruit. Hold that pose until you feel a good stretch!

Play: Fruit Bingo

Next time you're at the grocery store or farmers market, bring this Fruit Bingo card to help recognize different types of fruits. Match 5 fruits vertically, horizontally or diagonal to get a bingo!

Taste: Healthy & Kid-Approved Recipes

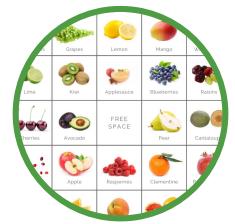


Fruit Pizza



Blueberry Muffin in a Mug







Fruit Salsa with Cinnamon Sugar Chips

Find these recipes and more at www.CelebrateYourPlate.org



FRUIT BINGO

Find 5 fruits in a row vertically, horizontally, or diagonally. The fruit found in any form counts: fresh, frozen, dried or canned!

Strawberries	Grapes	Lemon	Mango	Watermelon
Lime	Kiwi	Applesauce	Blueberries	Raisins
Cherries	Avocado	FREE SPACE	Pear	Cantaloupe
Cranberries	Apple	Rasperries	Clementine	Pomegranate
Pineapple	Orange	Peach	Grapefruit	Banana