# 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 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 |
|  | Avocado | $\begin{aligned} & \text { FREE } \\ & \text { SPACE } \end{aligned}$ |  | Cantaloupe |
| Cranberries |  | Rasperries | Clementine | Pomegranate |
| Pineapple | Orange | Peach | Grapefruit | Banana |

