November Family Wellness Challenge

FOUR is More

All this month, we challenge you to try FOUR new vegetables. If you are already eating vegetables, it’s okay to keep eating the foods you like and record them below. Challenge yourself to try at least 1 new vegetable. Draw or write about one vegetable in each box below. Return to school after November 21.

Some vegetables include... broccoli, zucchini, cucumber, peppers, corn, peas, squash, carrots, sweet potato, asparagus, green beans, spinach, kale, lettuce, celery, cauliflower, mushrooms

Check out this website for vegetable tips: https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-tips/

If your child has not received their Fitness Finder necklace, please visit the following website and complete the family contract: http://tses.hcps.org/news/2019/10/tses-monthly-wellness-challenges

Name

Grade

Parent Signature