

Name _____ Grade _____

Parent Signature _____

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.hcpss.org/news/2019/10/tses-monthly-wellness-challenges>