



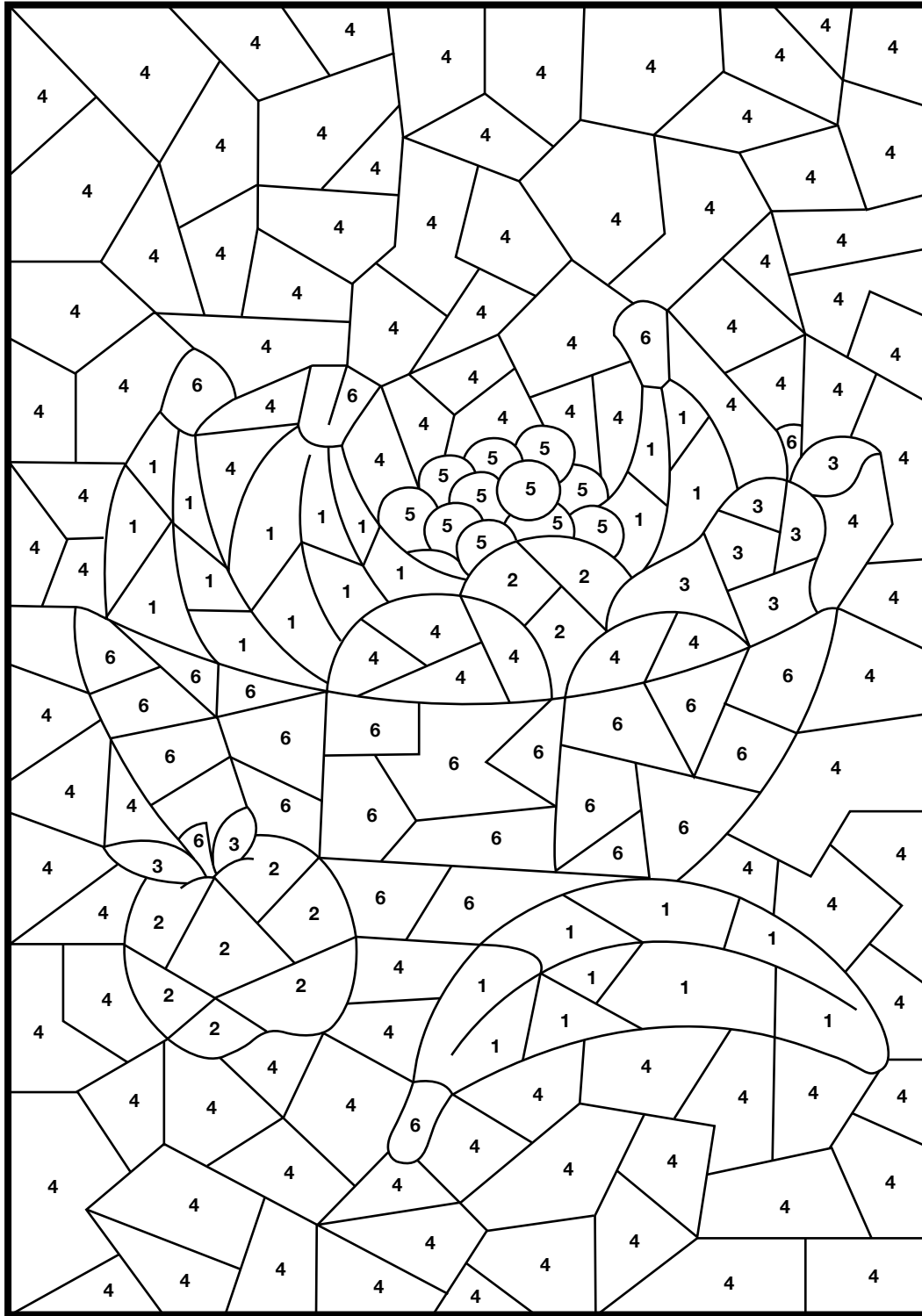
We often hear the expression “you are what you eat.” But what does that mean? It means that every piece, every bite we eat is part of a bigger picture – it plays an important role in helping our bodies and minds stay healthy and strong. Just as race car drivers choose the best fuel to help their vehicles achieve maximum performance, we too should select the best food “fuel” to keep our internal engines running in top condition. **So, let's Taste by Number** to remind ourselves to be more thoughtful about how we are fueling our bodies and encourage ourselves to keep our plates looking colorful every day!

What to do:

On page 2, there are different numbers that correspond with different food colors. Whenever you eat a healthy fruit, vegetable or grain, you may color a corresponding numbered shape for each one. If you try a food that you've never had before, you can color two shapes!

Perhaps your parents will be willing to offer a small reward after you have completed the entire coloring challenge? It doesn't hurt to ask. You can also challenge your parents! The best part is that no matter who finishes first, everyone is a winner when you're eating more healthy foods!





I ate ...

- 1 Yellow fruits or vegetables
- 2 Red fruits or vegetables
- 3 Green fruits or vegetables
- 4 Orange fruits or vegetables
- 5 Purple or blue fruits or vegetables
- 6 Grains

- Color number 1 
- Color number 2 
- Color number 3 
- Color number 4 
- Color number 5  
- Color number 6 

