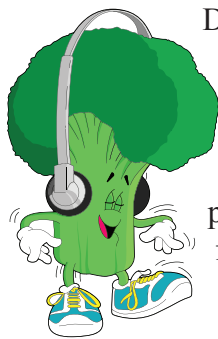
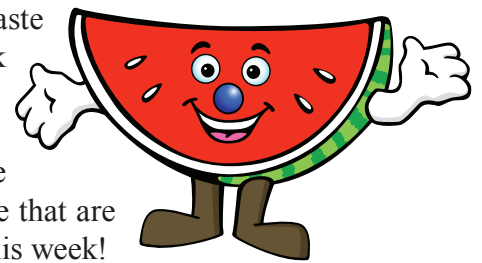




Dear Parent or Guardian,

Today we learned about “glow” foods in MyPlate. We find vegetables in the green section and fruits in the red. We learned that fruits and veggies give us vitamins, carbohydrates and water. Vitamin A helps us see in the dark, like a raccoon. It also gives us shiny hair and glowing skin. Vitamin C helps us heal and seal cuts. It also holds our cells together like glue. That is why we call fruits and veggies “glow” foods!

We were also detectives today. We discovered that colors and taste can give clues to the nutrients in “glow” foods. Orange and dark green leafy veggies often contain Vitamin A. We learned that pumpkin and spinach are two veggies high in Vitamin A. Some tart fruits, like citrus and kiwi, are high in Vitamin C. Play a game with your child. See how many fruits and veggies you can name that are high in Vitamins A and C. Then, taste at least one new veggie this week!



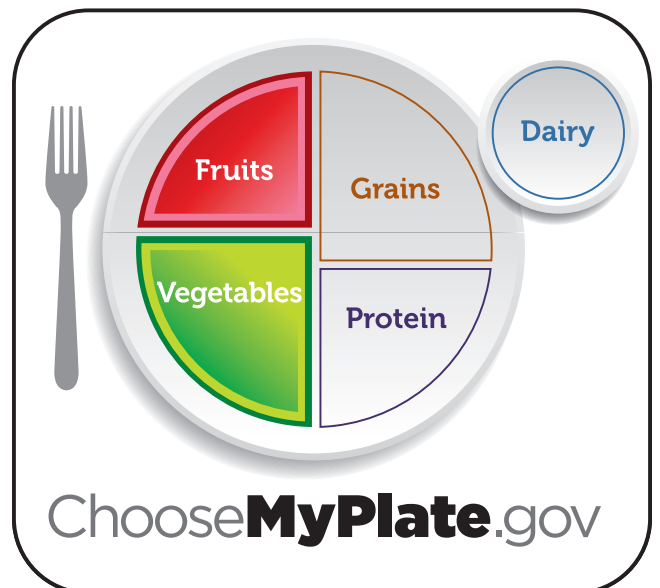
Do you know we need to wash fruits and veggies before eating them? Even watermelon and cantaloupe need a shower! Ask your child why this is important for good health.

Finally, we talked about fruits and veggies as “anytime” snacks. This is because they are high in fiber and water. Have your child show you the fiber hiding in a piece of celery. Then ask what gives fruits and veggies their crunch. “Glow” foods fill us up without adding extra fat, sugar, and salt. So, eat a rainbow of fruits and veggies to glow from the inside out! Have your child lead you through *A Sense-able Celebration of Vegetables Activity* on the next page.

Until next time,



Marty Moose



## A Rainbow of Anytime Snacks!



- Orange:** Oranges, tangerines, carrots, apricots, bell pepper  
**Yellow or White:** Bananas, cauliflower, grapefruit, bell pepper  
**Red:** Berries, radishes, tomatoes, grapes, cranberries  
**Green:** Celery, broccoli, kiwi, grapes, cucumbers  
**Blue:** Blueberries, Italian plums  
**Purple:** Grapes, plums, cabbage, eggplant

### Sense-able Celebration of Veggies

Moose don't use dip to eat their veggies.  
Marty loves to eat them just like Mother  
Nature makes them. Explore what he appreciates  
about natural vegetables. Select a few choices from  
the rainbow above, and use your senses to:

- \* **See:** What color and shape is it?
- \* **Smell:** Is it sweet, strong?
- \* **Hear:** Does it crunch?
- \* **Taste:** Is it sweet, sour, bitter, salty?
- \* **Touch/feel:** Is it juicy, dry, crunchy, soft, stringy, chewy?

