CDPH
California Department of
PublicHealth

SCHOOL IDEA & RESOURCE KIT • STUDENT WORKBOOK

4th GRADE

NAME

Nutrition Education and Obesity Prevention Branch (NEOPB)—Children's Power Play! Campaign

Are You Ready to Get the Power?

Eat Healthy. Be Active. Have Fun!

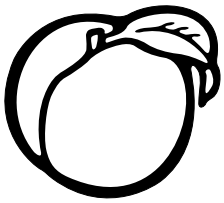
POWER PLAY

Name _____ Date _____

WORKSHEET 1

Power Survey

- Pick one person in your group to be the *Surveyor*—the one who asks the questions.
- Pick someone else to be the *Recorder*—the one who writes down the answers.
- The *Surveyor* reads each question out loud. For each question, ask everyone in the group to raise their hands if they want to answer "yes." Don't forget to include the *Surveyor* and the *Recorder*. The *Surveyor* counts the number of hands that are raised.
- The *Recorder* writes the number of "yes" answers in the question's box.
- Example: The *Surveyor* asks, "Did you try a new fruit or vegetable last month?" Four students raise their hands to say "yes." The recorder writes down the number 4 in the box with the question.
- Physical activity is a game, sport or other action that involves moving your body and makes your heart beat faster. You should do a total of 60 minutes of physical activity every day.
- Physical activity is a game sport or other action that evolves moving your body, especially movement that makes your heart beat faster. Moderate physical activity gets you up and moving faster and makes your heart beat faster. Vigorous physical activity makes you breathe hard and sweat.



1 **Did you try a new fruit or vegetable last month?**

2 **Were you physically active during your last recess?**

3 **Do you think fruits and vegetables give you energy?**

4 **Do you think it's easy to be physically active for at least 60 minutes (1 hour) every day?**

5 **Do you think being physically active can help you pay attention during school?**

6 **Have you ever asked your parents to buy your favorite fruits or vegetables?**

7 **Did you try a new physical activity last month?**

8 **Do you think eating 3 to 5 cups of fruits and vegetables every day is easy?**

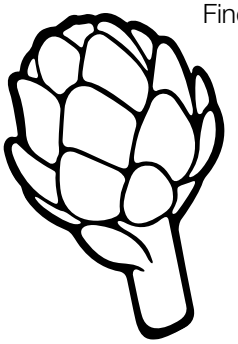
9 **Do you think eating 3 to 5 cups of fruits and vegetables every day can help you do better in school?**

Common Core Standards SL.4.1c, SL.4.1.2, SL.4.4, SL.4.3, 4.MD.B.4, MP.4

Name _____ Date _____

WORKSHEET 2A

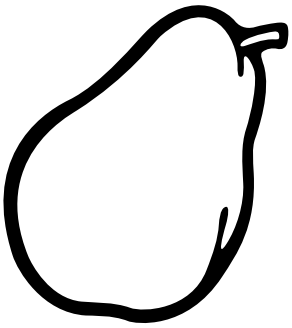
Power Search



Find each word on the list and circle it. Words can be spelled across, down, or diagonally.

D	T	X	C	A	R	R	O	T	S	Q	F	N	F	B	R
T	B	T	Q	N	T	L	H	E	M	V	Z	D	N	R	X
N	O	R	Y	R	N	M	C	X	G	W	B	M	R	U	G
K	S	M	O	R	R	U	K	P	B	R	L	L	H	S	T
I	X	T	A	C	T	W	A	V	O	C	A	D	O	S	C
W	B	B	R	T	C	F	L	G	Z	G	W	P	L	E	E
I	A	P	E	A	O	O	T	R	M	P	B	S	E	L	L
F	S	L	Z	H	W	V	L	C	K	E	U	W	Y	S	E
R	E	M	T	X	H	B	M	I	K	G	T	T	Q	S	R
U	B	G	P	E	A	R	E	O	A	Z	H	T	N	P	Y
I	A	Q	G	V	M	K	H	R	S	O	C	C	E	R	E
T	L	N	K	D	R	C	A	Q	R	R	Q	X	X	O	P
M	L	L	T	N	I	P	Y	N	G	I	L	G	J	U	L
B	X	M	R	T	S	Z	F	I	T	J	E	P	K	T	A
P	T	B	R	A	K	M	F	Q	P	K	Q	S	K	S	Y
T	B	A	Z	N	C	A	N	T	A	L	O	U	P	E	F

artichoke	asparagus	avocado
broccoli	Brussels sprouts	cantaloupe
carrots	celery	fig
grapes	kiwifruit	lettuce
pear	strawberries	tomato
play	baseball	soccer

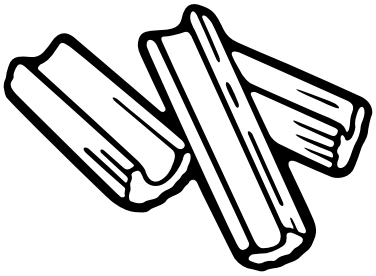


Common Core Standard RI.4.9, RI.4.10, W.4.2a, W.4.2b, W.4.6, W4.8

Name _____ Date _____

WORKSHEET 2B

Power Research Report



Pick a fruit or vegetable from the Power Search list. Write a short report about your fruit or vegetable that answers the questions below. You can write on the back of the page if you need more space.

1. What is the name of the fruit or vegetable?
2. Is it a fruit or vegetable?
3. What does the fruit or vegetable look like? Describe its color on the inside and outside, its shape, and its size.
4. Does it grow in California? Where?
5. What is in this fruit or vegetable that makes it good for you? Are there vitamins in it? What are they?
6. Have you ever eaten this fruit or vegetable? Why or why not?
7. If you have not eaten this fruit or vegetable, do you think you will eat it now that you have learned more about it? Why or why not?
8. What are some ways that you can eat this fruit or vegetable?

Name _____ Date _____

WORKSHEET 3A

How Much Do I Need?
BOY

9-year-old boy

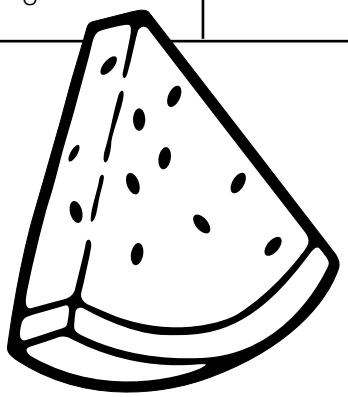
Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

10-year-old boy

Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	3	5

11-year-old boy

Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2½	4
30 to 60 minutes	2	2½	4½
More than 60 minutes	2	3	5

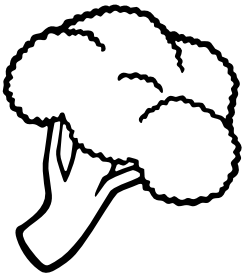


Common Core Standard 4.O.AA.A.2, 4.NBT.B.5, 4.NBT.B.4, 4.NF.B.4.c

Name _____ Date _____

WORKSHEET 3A

How Much Do I Need? GIRL



9-year-old girl

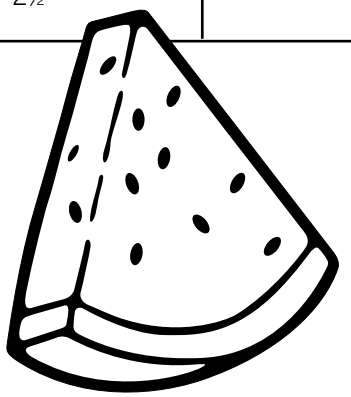
Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2	3½
More than 60 minutes	1½	2½	4

10-year-old girl

Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

11-year-old girl

Minutes of Physical Activity per day	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½



Common Core Standard 4.O.A.A.2, 4.NBT.B.5, 4.NBT.B.4, 4.NF.B.4.c, MP.4

WORKSHEET 3B

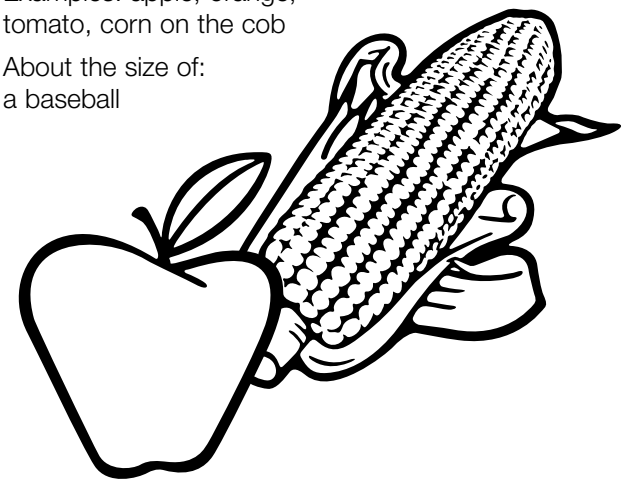
Cups of Colorful Fruits & Vegetables

Want to stay healthy and have lots of energy? Use Worksheet 3A to find out how many cups of fruits and vegetables you should eat every day. Then add up your cups to meet your goal. How do you know how many cups you are eating now? Use these tips to help you.

1 whole fruit or vegetable = 1 cup

Examples: apple, orange, tomato, corn on the cob

About the size of: a baseball

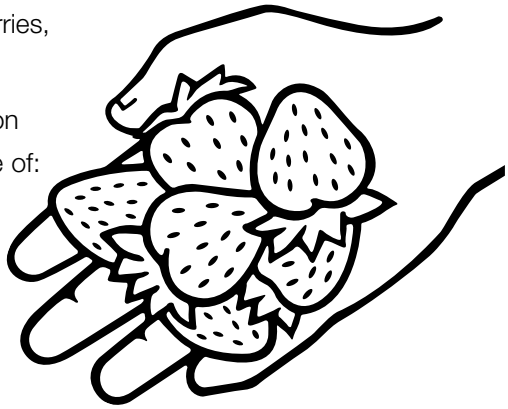


1 cupped handful of fresh, frozen, or canned* fruits or vegetables = ½ cup

*canned fruit packed in 100% juice

Examples: berries, baby carrots, broccoli, chopped melon

About the size of: ½ a baseball



2 cupped handfuls of raw, leafy greens = 1 cup

Examples: green salad, spinach

About the size of: a baseball

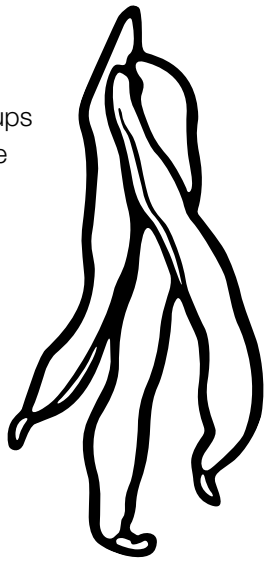
1 juice box with 100% juice = ¾ cup (6 ounces)

Examples: orange juice, apple juice, tomato juice

Name _____ Date _____

WORKSHEET 3C

Power Play! Math



Solve the math problems below. Use the How Much Do I Need? (worksheet 3A) and Cups of Colorful Fruits and Vegetables (worksheet 3B) for help. If you use an equation to solve the problem, write it down.

1. 2 cupped handfuls of lettuce = _____ cup(s)

2. 1 cupped handful of strawberries = _____ cup(s)

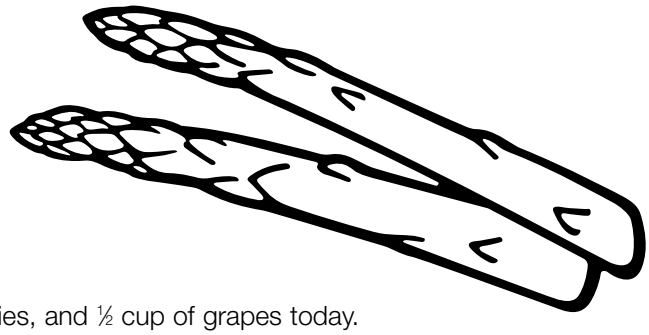
3. 2 whole apples = _____ cup(s)

4. It takes Jorge 15 minutes to walk to school. At the end of the day, he walks home. How many minutes of physical activity does Jorge get on these walks each day?

   How many more minutes of physical activity does he need each school day?

5. Jade makes a fruit smoothie for herself and two friends. She uses 1 large banana, 1 cup of 100% apple juice, ¾ cup of lowfat yogurt, and 1 cup of strawberries. How many cups of fruit are in each smoothie?

6. Ben plays soccer with his friends for two hours. How many minutes of physical activity does he get? How many more minutes does he need today?



7 Andre has eaten ½ cup of peaches, ½ cup of strawberries, and ½ cup of grapes today. He is 10 years old and is usually active for more than 60 minutes every day. How many more cups of fruit does Andre need to eat today?

8 Paul ate one cupped handful of baby carrots as a snack. How many cups of vegetables did he eat? Write the amount as a fraction and a decimal.

9 It takes Susan 6 minutes to ride her bike around the block. How many times does she need to go around the block to get her daily amount of physical activity? Write an equation to help you solve the problem.

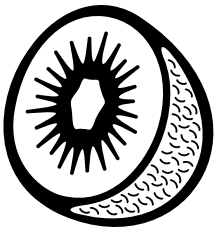
10 Sara ate a salad that had 1 cup of lettuce, ¼ cup of sliced cucumbers, and ¼ cup of chopped tomato. Sara is 10 years old and is active for 30 to 60 minutes every day. Did she get enough vegetables today from her salad? How much more does she need?

Common Core Standard 4.O.AA.A.2, 4.NBT.B.5, 4.NBT.B.4, 4.NF.B.4.c

Name _____ Date _____

WORKSHEET 4

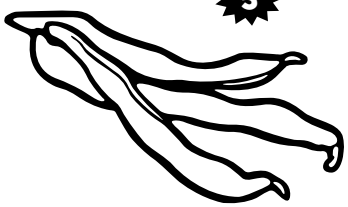
Power Choices



List your favorite fruit snacks, vegetable snacks, and physical activities below.

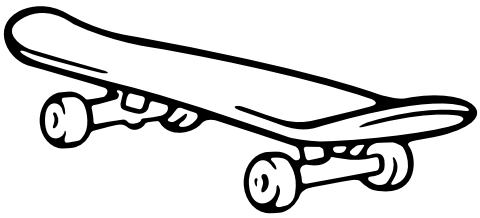
Top 5 Favorite Fruit Snacks

1. _____
2. _____
3. _____
4. _____
5. _____



Top 5 Favorite Vegetable Snacks

1. _____
2. _____
3. _____
4. _____
5. _____



Top 5 Favorite Physical Activities

1. _____
2. _____
3. _____
4. _____
5. _____

Common Core Standards SL.4.1c,SL.4.1.2, SL.4.4, SL.4.3

WORKSHEET 5A

Get the Power!

Do you want to grow and stay healthy? Do you want more energy to do well in school and sports? If you do, follow the "Get the Power" hints below.

Eat Fruits and Vegetables Every Day!

You should eat 3 to 5 cups of colorful fruits and vegetables every day. Fruits and vegetables are high in fiber and low in fat and sugar. They also have important vitamins.

Why do I need fiber?
Eating foods that are high in fiber protects you from diseases. It also helps you feel full so you don't eat too much. You get fiber from plant foods like fruits, vegetables, beans, whole grain breads, and cereals.

Why should I limit fat and sugar?
Eating too many foods that are high in fat can give you serious health problems when you are older. Fruits and vegetables have very little fat. Toppings like butter, salad dressing, and cheese can be high in fat. If you use toppings or dips with your fruits and vegetables, try to use just a little and make them low in fat.

If you eat foods with a lot of refined sugar, you will probably eat fewer healthy foods. Fruits and vegetables have natural sugar in them. Try to eat fruit without a lot of sugar added to it. For example, drink 100% fruit juice without added sugar.

Why should I eat a rainbow of colors?
The same things that give a plant its color can also help keep you healthy. Fruits and vegetables have many colorful phytonutrients (also called phytochemicals). Phyto means plant in Greek. Nutrients are the things in food that help you live and grow. There are many different phytonutrients in fruits and vegetables. Try fruits and vegetables from all the color groups—red, green, yellow/orange, blue/purple, and white.

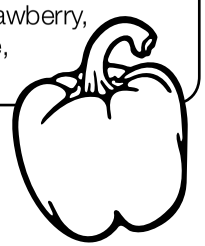
Why are vitamins important?

Vitamin A
Vitamin A helps you grow and helps your eyesight and skin. It also helps keep you from getting sick. Fruits and vegetables have a lot of vitamin A. Look for fruits and vegetables that are dark yellow, orange, or dark green and leafy.

Try these for vitamin A
apricot, cantaloupe, carrot, collard greens, chili pepper, leaf lettuce, mango, spinach, sweet potato, tomato, and watermelon

Vitamin C
Vitamin C helps your body stay strong. It prevents infections and heals cuts. It is also good for healthy bones, teeth, skin, and blood vessels. Most of the vitamin C we get comes from fruits and vegetables.

Try these for vitamin C
bell pepper, broccoli, Brussels sprouts, cabbage, cantaloupe, cauliflower, grapes, honeydew melon, jicama, kiwifruit, okra, orange, papaya, plum, strawberry, summer squash, tangerine, tomato, and watermelon



Get 60 Minutes of Power Play Every Day!

You should get at least 60 minutes of physical activity every day. You can add up the different things you do during the day. Try to be active for at least 10 minutes at a time. Remember to get moderate and vigorous physical activity every day. Being physically active has many benefits!

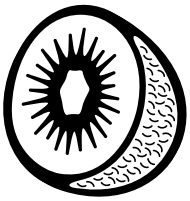
Physical activity can:
- Help keep you from getting sick
- Help you pay attention in school
- Make you feel better about yourself
- Build healthy bones and muscles to keep you strong
- Help you with balance and coordination
- Help you feel more energetic
- Help you keep a healthy weight
- Help you relax
- Help you meet new friends
- Give you something fun to do with friends and family

What is physical activity?
Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.
- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.

Name _____ Date _____

WORKSHEET 5B

Fruit, Vegetable, and Power Play! Journal



For 2 days, write down the fruits and vegetables you eat. Then write down what kind of physical activity you do. Use the first chart to track how many cups of fruits and vegetables you eat. Use the second chart to track how many minutes of physical activity you get.

FRUIT AND VEGETABLE JOURNAL

Fruits and vegetables I ate:

Day 1: _____

_____

Day 2: _____

_____

	Cups at Breakfast	Cups at Lunch	Cups at Dinner	Cups at Snacks	TOTAL CUPS
Day 1	Fruits: _____	Fruits: _____	Fruits: _____	Fruits: _____	Fruits: _____
	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____
Day 2	Fruits: _____	Fruits: _____	Fruits: _____	Fruits: _____	Fruits: _____
	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____

PHYSICAL ACTIVITY JOURNAL

Physical activity I did:

Day 1: _____

_____

Day 2: _____

_____

	Minutes Before School	Minutes During School	Minutes After School	TOTAL MINUTES
Day 1	_____	_____	_____	_____
Day 2	_____	_____	_____	_____

What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.

- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.

Common Core Standards RI4.9, RI.4.10, W.4.2.a, W.4.2b, W.4.6, W4.8

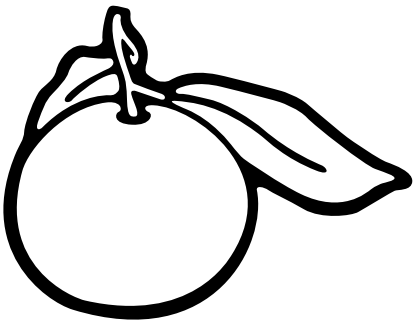
Name _____ Date _____

WORKSHEET 6

My Power Plan

Use this worksheet to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review How Much Do I Need?, Worksheet 3A to know how many cups of fruits and vegetables you need for your plan. Under each meal and snack, list all the foods that you would eat. Remember to include at least one fruit or vegetable with each meal.

When you finish your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them. Put a star next to the fruits and vegetables that you think are grown in California.



Meals

Breakfast:

_____

_____

_____

_____

Lunch:

_____

_____

_____

_____

Dinner:

_____

_____

_____

_____

Snacks

Morning Snack:

_____

_____

Afternoon Snack:

_____

_____

Evening Snack:

_____

_____

Common Core Standard SL.4.1c, SL.4.1.2, SL.4.3, SL. 4.4

Name _____ Date _____

WORKSHEET 7

Rate the Taste

How did you like the fruits and vegetables that you tasted? Write adjectives to describe how the food tasted, looked, smelled, and felt. Do not use the same adjective more than two times. Then circle or color the picture that shows how much you liked each food. When you are done, write a paragraph about your favorite fruit or vegetable. Use the adjectives to describe how it tasted, looked, smelled, and felt.

Sample 1

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

Sample 2

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

Sample 3

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

Sample 4

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

Sample 5

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

Sample 6

Name of this food: _____

Adjectives for this food: _____ _____ _____

_____ _____ _____

My favorite fruit or vegetable: _____

_____

_____

_____

_____

_____

_____

_____

_____

Name _____ Date _____

WORKSHEET 8

The Power of Advertising

1. What are you trying to sell? _____

2. Who are you selling it to? _____

3. What are some of the good things about it? _____

_____

_____

4. What keeps people from eating it or doing it? _____

_____

_____

_____

5. What might change their minds? _____

_____

_____

Circle the ideas from numbers 3, 4, and 5 that you want to use when you create your slogan, jingle, or advertisement.

Advertisers have many ways to try to get kids to buy their products. You might want to try some of these.

Jingle/Slogan: a song or phrase that helps you remember a product.

Cartoon Character: an animated character that promotes a product.

Star Power: a celebrity (like a movie star, a model, a football player) who says he or she uses the product.

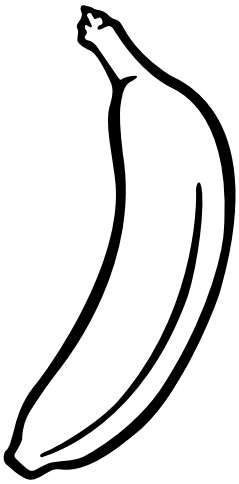
Wannabe Appeal: "wannabe" means "I want to be." The product promises to make you be the way you want, like stronger, healthier, richer, more popular, or happier.

Latest Greatest: everybody loves it and wants it. Don't be left out!

Sensory Appeal: it tastes good, looks good, smells good, or feels good.

Better Than: this product is better than other brands of the same product.

Dollar Power: you will save money or get something free if you buy this product.



Common Core Standard SL.4.1.c, SL.4.1.2, SL.4.4, SL.4.3, RI.4.9, RI.4.10,W.4.2.a, W.4.2b, W.4.6, W4.8

Use the space below to create your slogan, jingle, or advertisement.

WORKSHEET 9A

What's on a Label?

The Nutrition Facts label tells you about the food inside the package.

How many servings are you eating?

All information on the label is for one serving. Sometimes the serving size shown is much smaller than most people eat at one time.

Calories are a measure of how much energy you get from food. The amount of calories you need depends on your size and how active you are. The more you move, the more food energy (calories) you need.

Eating too much of these nutrients can cause health problems when you get older.

Eating enough of these nutrients can help you stay healthy.

Broccoli, raw

Nutrition Facts

Serving Size ½ cup (82g)
Servings Per Container 1

Amount per serving

		% Daily Value*
Calories 25	Calories from fat 0	
Total Fat 0g		**0**%
Saturated Fat 0g		**0**%
Trans Fat 0g		
Cholesterol 0mg		**0**%
Sodium 20mg		**1**%
Total Carbohydrates 4g		**1**%
Dietary Fiber 2g		**8**%
Sugars 1g		
Protein 2g		

Vitamin A 20% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How do you know if a food is HIGH or LOW in a certain nutrient?

LOW is when a nutrient for one serving has 5% Daily Value or less.

HIGH is when a nutrient for one serving has 20% Daily Value or more.

% Daily Value tells you if there is a lot or a little of a nutrient in a serving of food. It shows how much of the nutrient you will get from eating one serving of this food compared with how much you should get in one day.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

Adapted from "The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide," a publication of the U.S. Department of Agriculture Food & Nutrition Service and the U.S. Department of Health and Human Services Food & Drug Administration. For more information, visit the USDA's Team Nutrition Web site at www.fns.usda.gov/tn under the Educators icon.

Sample Nutrition Facts Labels

Strawberries, raw

Nutrition Facts

Serving Size 1 cup (144g)
Servings Per Container 2

Amount per serving

Calories 45 Calories from fat 0

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrates 10g	**3**%
Dietary Fiber 3g	**13**%
Sugars 8g	
Protein 1g	

Vitamin A 0% • Vitamin C 140%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Potato Chips (“Big Grab” bag)

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container 3

Amount per serving

Calories 150 Calories from fat 90

	% Daily Value*
Total Fat 10g	**15**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 170mg	**7**%
Total Carbohydrates 15g	**5**%
Dietary Fiber 1g	**5**%
Sugars 0g	
Protein 2g	

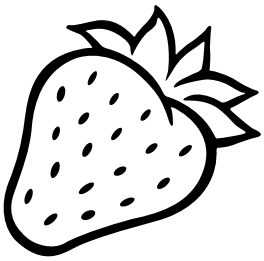
Vitamin A 0% • Vitamin C 15%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Name _____ Date _____

WORKSHEET 9B

Nutrition Numbers



Complete the math problems. Use the What's on a Label? worksheet for the information you need. If you use an equation to answer the question, write it down.

1. If you eat 2 servings of potato chips, how many calories have you eaten?

2. If you eat 2 servings of strawberries, how many calories have you eaten?

3. If you eat 2 servings of strawberries, how much fat have you eaten?

4. If you eat 2 servings of potato chips, how much fat have you eaten?

5. How many servings of potato chips would you have to eat to get at least 100% of the daily value of vitamin C? If you ate that many servings, how many calories would you have eaten?

6. How many servings of strawberries would you have to eat to get at least 100% of the daily value of vitamin C? If you ate that many servings, how many calories would you have eaten?

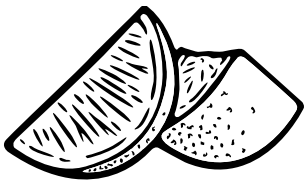
7. If you want to eat less sodium, which food is a better choice?

8. Which of these foods do you think would be the healthier choice for a snack? Why?

Name _____ Date _____

WORKSHEET 10

Healthier Please!



Read your group's scene. Talk about the scene with your group. What keeps the person in the scene from eating more fruits and vegetables or getting more physical activity? As a group, decide what you would say and do. Write it down. Remember to be respectful.

Example: On most days, your lunch has a ham and cheese sandwich, a small bag of potato chips, and a cookie. You usually start to feel sleepy after lunch. You know that a healthier lunch would give you more energy. What do you say and do?

SCENE 1

It is a sunny Saturday afternoon. Everyone in your family is watching television. You want everyone to go outside and enjoy some physical activity. What could you say and do to get them to go outside with you?

SCENE 2

You just got home from school and you really want a fruit or vegetable for a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?

SCENE 3

It's a busy school morning at your house. Your mom says, "We're out of milk, and I don't have time to cook you anything. We'll stop at the fast food place on the way to school—let's go!" You wanted something healthy, like a fruit smoothie, that would give you energy. What could you say and do so you have a healthy breakfast this morning? What could you say and do so there is something healthy for breakfast at home in the future?

SCENE 4

You really want to spend some time being physically active when you get home from school. Your parents want you to work on your homework right after school. When you finish your homework, it will be dark outside. What could you say or do so you can get some physical activity after school?

Common Core Standard SL.4.1.c, SL.4.1.2, SL.4.4, SL.4.3

Nutrition Education and Obesity Prevention Branch (NEOPB)—

Children's Power Play! Campaign

Eat Healthy. Be Active. Have Fun!

This material was produced by the California Department of Public Health's *Nutrition Education and Obesity Prevention Branch* with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Power Up with Fruits & Vegetables!

½ cup of vegetables

½ cup of fruit

1 cup of fruit

½ cup of vegetables

½ cup of fruit

1 cup of raw, leafy greens

¼ cup of dried fruit

¾ cup (6 ounces) of 100% juice

Want to stay healthy and have lots of energy? Eat 3-5 cups of colorful fruits and vegetables every day. Add up your cups by eating fruits and vegetables at every meal and as snacks. How do you know how many cups you are eating? Use these pictures to help you.

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