



Get Up & Move!

Family Activity

Series 3: April

Take the Five A Day The Color Way Challenge!

In order to keep track of the rainbow of fruits and vegetables you eat each day, use the Five A Day The Color Way chart. You can find the link at the Illinois 4-H Website, <http://www.4-h.uiuc.edu/opps/move/>. Use a chart for each member of the family to ensure that you are getting a colorful variety of fruits and vegetables.

Another family activity your family can do is to try new fruits and vegetables! On the 4-H website, you will find a list of fruits and vegetables sorted by color group. Pick out a fruit or vegetable you have never tried before and try it! Your family can look up how to cook and eat that particular food together.



Rainbow Walk

Since April is a time for showers, you might also get to see a rainbow! After one of these spring showers, go on a family walk in search of a rainbow. Don't forget to record these walking minutes on your physical activity calendar. When you get home from your walk, look up what makes a rainbow in the sky with your family.

